

# SSFT KS1 Virtual Speed Stacking Challenge

- The KS1 individual virtual speed stacking challenge will take the form of 4 activities: BOWLING; BUILD A TOWER; 3,3,3 SPEED STACK; AGILITY STACK.
- There are 4 challenge cards that explain each activity with video demonstrations.
- There is no limit as to how many children can take part, therefore all of KS1 can participate.
- As far as possible, please use the Speed Stacking equipment that you are likely to have in school (cups, mats and timers), but alternative equipment can also be used.
- Each child will need to use 9 cups for each activity and the cups will need to be sanitised after use.
- Cones can be used to create activity spaces to ensure social distancing.
- There will be score sheets to help record each child's results and another to send to SSFT to submit your top scores.
- The top individual scorers from each category will be ranked to determine the winning Stevenage school for Year 1 Girls and Boys & Year 2 Girls and Boys.
- Please also complete and return the monitoring data sheet for all participants.
- The deadline for submitting your results and data is Monday 22<sup>nd</sup> March 2021.

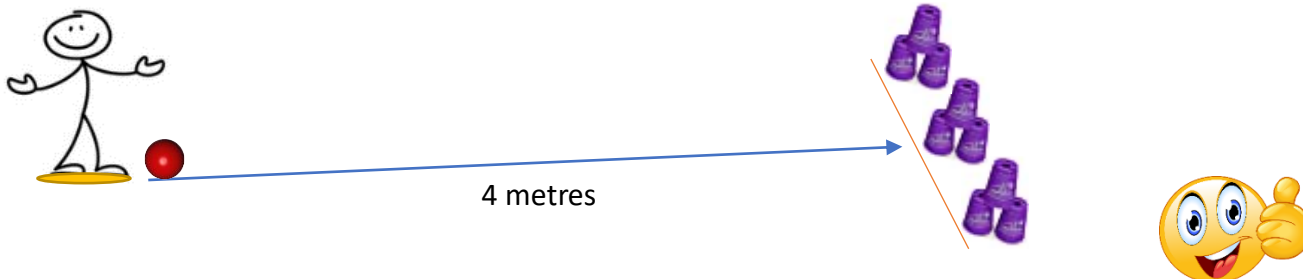
GOOD LUCK!



# SSFT KS1 Virtual Speed Stacking Challenge

## Activity 1 – BOWLING

- You have 30 seconds for this challenge.
- Set up 3 sets of 3 cup stacks 4 metres away from the bowling spot with space between each set of 3.
- Crouch down on the spot and bowl a small ball underarm towards the stacks to knock them down. **The ball must be bowled along the floor and not thrown.**
- Run and get the ball, bring it back to the bowling spot, crouch down and bowl again as many times as you can in 30 seconds.
- Count how many cups have fallen over after 30 seconds and this will be your score.



**RUN TO COLLECT THE BALL EACH TIME AND TRY YOUR BEST TO KNOCK DOWN THE CUPS!**

### Equipment needed

- 9 speed stack cups
- Small ball
- Floor space
- Timer
- Spot Mat
- Score sheet & pencil

### But what else can I use?

- 9 plastic cups
- Watch or phone timer
- Rolled up sock
- Paper spot

### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles.
- Ensure you have sufficient space around the activity.
- Be careful not to trip over any fallen cups.

### COVID Friendly

- Each child to use their own 9 cups and ball.
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after.

### Social Distance

- Use cones to space children out ensuring enough space between playing areas.
- Children must collect ball safely after each bowl, ensuring they don't encroach into another playing area.

### Make it inclusive

- Set up stack on a table that is low enough for wheelchair user.
- Roll the ball along the table to knock the stacks down.

### Scoring

- 30 seconds to try to knock over 9 cups.
- 1 point per cup that falls over.
- Any cup still standing will not count.

### Video

- Link to videos can be found [here](#).

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# SSFT KS1 Virtual Speed Stacking Challenge

## Activity 2 – Build a Tower

- You have 60 seconds for this challenge.
- Using your 9 cups on the floor and using both hands, place the first cup upside down in front of you.
- Place a 2<sup>nd</sup> cup on top of the 1<sup>st</sup> one, but make sure it is the right way up so that the 2 bases are touching.
- Place a 3<sup>rd</sup> cup upside down on top of the 2<sup>nd</sup> one so that the rims are touching.
- Continue to stack the cups up as high as you can in a tower, alternating them between upside down and the right way up.
- Ensure the cups are straight and level before adding the next cup.
- If the cups fall over, remember how many cups you had stacked before they fell and try again if you still have time.



**TRY AGAIN IF THE CUPS FALL DOWN AND USE BOTH HANDS TO STEADY THE CUPS!**

### Equipment needed

- 9 speed stack cups
- Floor space
- Timer
- Score sheet & pencil

### But what else can I use?

- 9 plastic cups
- Watch or phone timer

### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles.
- Ensure you have sufficient space around the activity.
- Don't sit or step on the fallen cups.

### COVID Friendly

- Each child to use their own 9 cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

### Social Distance

- Use cones to space children out on the floor.
- Only touch your own cups or those in your bubble group.

### Make it inclusive

- Use a table or flat surface at the correct height for wheelchair user.

### Scoring

- You have 60 seconds to make the tallest tower that stands on its own.
- The highest number of cups used at any time without them falling over is your final score.

### Video

- Link to videos can be found [here](#).

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# SSFT KS1 Virtual Speed Stacking Challenge

## Activity 3 - Individual 3-3-3 stack

- Up-stack your cups in a 3 – 3 – 3 set – then down stack.
- Time yourself – How long does it take to up-stack and down-stack?
- You must start your up stack from one point, and return to that point to complete your down stack



**PRACTICE WITH ONE SET OF 3 CUPS FIRST, USE BOTH HANDS & CONCENTRATE! WATCH THE VIDEO TO SEE HOW ITS DONE!**



### Equipment needed

- 9 speed stack cups per pupil
- Table
- Timer
- Mat

### But what else can I use?

- 9 plastic cups
- Watch or phone timer
- Cones

### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles.
- Ensure you have sufficient space around the activity.

### COVID Friendly

- Each child to use their own 9 cups.
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after.

### Social Distance

- Use cones to space children out whilst waiting for their turns.
- Timing tables placed 4m apart.

### Make it inclusive

- Table low enough for wheelchair user.

### Scoring

- Points awarded as per the score sheet:  
0 - 5 seconds = 12 points  
5.01 - 10 seconds = 10 points  
10.01 – 15 seconds = 8 points  
15.01 – 20 seconds = 6 points  
20.01 – 25 seconds = 4 points  
25.01 + seconds = 2 points
- Please also record your time to 2 decimal place in the table (e.g 10.23 secs). This will be needed if there is a tie on points.

### Video

- Link to video
- [Here 3-3-3 Example](#)

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# SSFT KS1 Virtual Speed Stacking Challenge

## Activity 4 – AGILITY STACK

- Time yourself for this challenge. The faster you go, the more points you will earn.
- Set up a pile of 3 cups at 2 metres, at 4 metres and at 6 metres from the starting spot.
- Start the timer and run to the 1<sup>st</sup> set of 3 cups at 2 metres and up-stack and down-stack them, then run to the 4 metre cups and up-stack and down-stack them and finally to 6 metres and up-stack and down-stack them.
- Run back to your starting spot and stop the timer.
- Record your time.



**COMPLETE THE ACTIVITY IN THE FASTEST TIME THAT YOU CAN! MAKE SURE YOU USE BOTH HANDS TO STACK!**



### Equipment needed

- 9 speed stack cups (in 3 piles of 3).
- Floor space
- Timer
- Spot Mat
- Score sheet & pencil

### But what else can I use?

- 9 plastic cups
- Watch or phone timer
- Paper spot

### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles.
- Ensure you have sufficient space around the activity.
- Be careful not to trip over any fallen cups.

### COVID Friendly

- Each child to use their own 9 cups.
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after.

### Social Distance

- Use cones to space children out ensuring enough space between playing areas.

### Make it inclusive

- Set up stacks on tables low enough for wheelchair user to safely manoeuvre.

### Scoring

- Points awarded for times:
  - 0 - 10 seconds = 12 points
  - 10.01 - 15 seconds = 10 points
  - 15.01 – 20 seconds = 8 points
  - 20.01 – 25 seconds = 6 points
  - 25.01 – 30 seconds = 4 points
  - 30.01 + seconds = 2 points
- Please also record your time to 2 decimal place in the table (e.g 10.23 secs). This will be needed if there is a tie on points.

### Video

- Link to video can be found [here](#).

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# SSFT KS1 Virtual Speed Stacking Challenge

Please send all KS1 challenge results and participation data to Julia at SSFT:  
[juliaburrows@stevenagesportingfutures.co.uk](mailto:juliaburrows@stevenagesportingfutures.co.uk)

All results must be received by Monday 22<sup>nd</sup> March 2021.

Thank you!

