

# Speed Stacks Club with Mrs Tubb



## What is Speed Stacks?

Speed Stacks is an individual and team sport that involves stacking specialized plastic cups in specific sequences in as little time as possible. It is an amazing sport of fitness, agility, concentration and quickness.

The children have been learning a variety of sequences. Each week they have been improving speed and co-ordination!

3 - 3 - 3



3 - 6 - 3

6-6



Cycle

3-6-3 → 6-6 → 1-10-1 → 3-6-3

