Teams compete relay-style to stack and unstack their buckets as quickly as possible.

This giant size activity adds gross motor movements and dependence on teammates to the popular cup-stacking activity.

Activities:

1. **Cup Stack 3 Up and Down**
   
   **RULES:** On the signal “go” the students must race to the stack of 3 buckets; they must stack the buckets **UP** and return back to their line tagging the next player. The next player races to the stacked cups and stacks them **DOWN,** then returns to their line, this pattern continues until all the players are finished and seated. The first team finished will come in 1<sup>st</sup> place, etc.
   
   **Equipment:** 15 buckets, markers for start and finish lines

2. **Cup Stack 3, 3 push-ups**
   
   **RULES:** On the signal “go” the students must race to the stack of 3 stacking buckets, stack them **UP,** run to the poly spot and perform 3 push-ups, then return back to their line tagging the next player. The next player races to the stacked buckets and stacks them **DOWN,** runs to the cone performs 3 push-ups, then returns to their line. This pattern continues until all players are finished and seated. The first team finished will come in 1<sup>st</sup> place, etc.
   
   **Equipment:** 15 buckets, markers for start and finish lines, poly spots for push-ups

3. **Cup Stack 3, Cup stack 5**
   
   **RULES:** On the signal “go” the student must race to the stack of 3 stacking buckets, stack them **UP,** race to the 2<sup>nd</sup> set of buckets and stack 5 UP, return back to their line tagging the next player. The next player races to the 3-stacked buckets and stacks them **DOWN,** races to the 5 stacked buckets and stack them **DOWN** then returns to their line. This pattern continues until all 5 players are finished and seated. The first team finished will come in 1<sup>st</sup> place, etc.
   
   **Equipment:** 15 buckets, 25 buckets, markers for start and finish lines

*Note: These relays are meant to capture a fun fitness experience for the younger children, and remember to use competition at your discretion at all times.*