



See It, Believe It, Teach It!

Promotes hand-eye coordination,
ambidexterity, quickness and concentration

SESSION TITLE:

“ON THE MOVE WITH SPEED STACKS: SPORT STACKING *and* FITNESS FUN!”

SESSION DESCRIPTION:

75 WORDS

In this newly-developed Activity-based Sport Stacking session we have something for everyone! You will learn the very basic skills of *Sport Stacking* AND participate in a variety of **fitness, movement and relay challenges!** Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity and bilateral proficiency! This presentation is designed for BOTH “experienced” *sport stacking* instructors looking for fresh ideas, AND instructors “new-to-the-sport,” learning ways to introduce *sport stacking* into their programs! Receive a FREE set of Speed Stacks, Instructional video, and ‘On the Move with Speed Stacks’ Activity Guide!

**SPEED STACKS
SESSION OBJECTIVES:**

To Provide Teachers With:

1. **Knowledge** of what sport stacking is: How it can fit into an existing curriculum and what the benefits are to students.
2. **Skills, confidence and hands-on experience** modeling best practice of teaching a successful sport stacking unit
3. **Resources** to successfully integrate student stacking skills with various health and fitness activities to enhance their fitness levels.