**4 Square Sport Stacking**

**Grade Level:** K-6

**Skills:** Hand-eye coordination, co-opetition, enhance 4 square rules

**Objective:** Students will perform cup stacking techniques in an engaging manner.

**Equipment:** Clearly marked “4-square” areas and items suitable for stacking

**Organization:** Optimally students will be in groups of five. Place four students in squares meanwhile the fifth is

the “judge”.

**Activity:** Students will take their places inside of a four-square set-up. Each square will contain a set of stacking items. The student in square #1 will start the activity with “ready, set, stack!” Each student will upstack and downstack the specified format, e.g. a 3-3-3. The last student to finish their stack goes to the “judge” position outside of the squares and the former judge moves into square #4. Repeat the activity for as long as you would like. Any questions are answered by the judge. The judge has the final say determining who the last to finish was. An option would be that the #1 square can only remain there for three consecutive turns. As long as the #1 square doesn’t finish last, they remain in the #1 square or you could have the students occupy the squares according to their finish order. In other words, whoever finishes first would go to square #1, the second-place finisher would now occupy square #2, etc. You could use the “I did it” and “Try again” signs in this activity as well.

**Closure:** Do you see why students need to remain calm under pressure?

What are some things you can do to help yourself relax?

**Health:** The activity created some excitement. What does “calm under pressure” mean to you? What are some things that you or your family does to help with calmness? Is it easy to calm down when you’re stressed or excited? What works for you? Share a few things that calm yourself with an elbow partner.

**Piloted at:** Boulton