



March 11, 2008

Dear Parent or Guardian,

For the last six physical education classes your son or daughter has been introduced to the unique sport of cup stacking. Cup Stacking is an exciting individual and team sport where students stack and un-stack 12 specially designed cups (SPEED STACKS) in predetermined sequences at lightning speed! Students have fun racing against the clock for their fastest times. They try to improve their individual time.

I really enjoy teaching cup stacking as part of my curriculum because it promotes hand-eye coordination, ambidexterity, quickness and concentration which are skills needed to excel in master cycle stacks of 3-3-3, 3-6-3, 6-6 and 1-10-1 (all good for developing motor skills, patterning, sequencing, focus and concentration). When students are cup stacking, they are using both sides of their bodies and brains to develop skills necessary to dribble and shoot a basketball, throw and catch a baseball or softball, play a musical instrument, type on a computer or participate in any skill where use of the left and right hands improve performance.

Now that the students have learned cup stacking they are now ready to practice on their own. During indoor recess time the cups purchased for recess will rotate throughout first and second grade so students will have the opportunity to practice their sequences and patterns that they learned in physical education class.

Many students have asked me where they can purchase their own set of speed stacks. Speed stack products are now available in stores (Target and Toys r Us). In years past you could only get them on-line at Speed Stacks www.speedstacks.com or by phone, Toll free: 1-877-GOT-CUPS (468-2877). The cups can still be purchased online. The department stores do not carry the mini cups or the metal cups. I am very pleased with the students' enthusiasm and concentration during this unit.

We have had a lot of fun!

Mrs. Magliano, Physical Education Teacher at KES