K-4th

Skill Practice (Cupstackng)

Skill Practice

View cupstacking rules

Review 3-3-3 and 6 stack

Rock, paper, scissor…STACK!

Try practicing hand movements of different cycles to help increase your speed. If you have cups at home, practice using them.

Name a benefit of cupstacking

**Date**

**Week at a Glance**

**Oct. 3rd-14th**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Warm-Up** | **Instructional Block** | **Classwork** | **Closing** | **Homework** |
| ***Day 1*** |  |  |  |  |  |
| ***Day 2*** |  |  |  |  |  |
| ***Day 3*** |  |  |  |  |  |
| ***Day 4*** |  |  |  |  |  |
| ***Day 5*** |  |  |  |  |  |

**Teaching Cues**

* **Right-handers lead with right hand**
* **Left-handers lead with left hand**
* **Always down stack where you started**
* **Can’t start in the middle**
* **Stack one at a time**
* **Hands can’t be on 2 stacks at the same time**
* **Can’t up stack and down stack at the same time**
* **Hands must start flat on table**

**Academic Vocabulary**

**Hand-Eye Coordination**

**Cycle**

**Dominate**

**Respect**

**Cooperation**

**Fumble**

**Safety**

**Learning Targets:**

**I can learn how to stack cups to help improve my hand-eye coordination in physical education and life.**

**Standard 1.2:  The physically educated student demonstrates competency in a variety of motor skills and movement patterns.**

**Standard 2.2: The physically literate individual demonstrates knowledge of concepts, principles, strategies and tactics related to movement and performance.**