

## Speed Stacks at Cleveland Junior School

At Cleveland Junior School, we have recently been involved in implementing speed stacking across the whole of Year 4. Each class has one session per week in which their teacher gets the speed stacks and teaches the children new skills and games associated with the cups. As a school, this enables us to increase our participation time in sport as well as enhancing the children's hand/eye co-ordination and fine motor skills.



We were lucky enough to secure a whole teacher INSET on speed stacks, whereby Ron Parker led the staff on how to teach speed stacking effectively. All of the teachers thoroughly enjoyed the training and became as competitive as the children!

Since the training in February we have rolled out a weekly timetable in Year 4, and due to its success we plan to implement speed stacking across the whole school in the next academic year. Aside from speed stacking, our children also take part in Take 10 and by including these initiatives within our weekly timetable we are hoping to reach our 3 hour target by the end of 2010.



I have recently observed one of the speed stacking sessions in Year 4 and the children are focussed at all times, whilst having lots of fun too! I would recommend an INSET to any school who, like Cleveland Junior, finds it difficult to reach the 5 hour offer due to having limited playground space and/or no grass!

Cleveland Junior School would like to thank Kay Wilding, as without her support the INSET session and supply of speed stacks would not have been possible!

Gill Wallwork  
(Cleveland Junior School – PLT)

