



DIRECTIONS: Below are 28 Stackademics activities. The purpose of the Activity Grid is to provide multiple possibilities to get students up and moving for a short break to recharge their bodies and brains.

1. This grid may be used like a bingo card with several students.
2. A pair of students could use the grid and alternate tasks, one stacking the other picking a square.
3. Two or three squares could be selected for the day and posted at a Stacking Station to give direction to students taking a Stack Break. Can also be used in a Stackademics Circuit (p. 10)
4. Create a "Stackademics Challenge" and have students complete each task over a designated period of time.
4. Use these ideas as a cue to create new stacking and fitness combinations.

	A	B	C	D
1	3-3-3 <i>on left foot</i> 3-6-3 <i>on right foot</i>	3-6-3 <i>Run in place on your tiptoes, Count to 100 by 5s</i>	Rapid Fire <i>Two times</i>	3-3-3 <i>Hop on right foot 10 times</i> 3-6-3
2	Shuffle Stack	3-3-3 <i>Hop on your tiptoes 10 times</i> 3-6-3	3-3-3 3-6-3 Cycle	3-3-3 <i>Now with eyes closed</i> 3-6-3
3	3-3-3 <i>Do 10 jumping jacks</i> 3-6-3	Cycle 10 Steam Engines <i>Clasp hands behind head, touch right leg to left elbow, left leg to right elbow</i>	3-3-3 <i>Hop on both feet 10 times</i> 3-6-3	Cycle <i>Karate chop the air 10 times with right hand, then with left</i>
4	3-6-3 <i>Hop on left foot 10 times</i> Cycle	3-3-3 <i>Touch your toes 10 times</i> 3-6-3	3-3-3 <i>Take 5 deep breaths</i> 3-6-3	3-3-3 10 Bicycles <i>Sit down on floor, clasp hands behind head, bring legs up like you are pedaling a bicycle</i>
5	3-3-3 <i>15 Arm Circles forward, 15 Arm Circles backward</i>	Rapid Fire <i>Run in place as you count to 20</i>	Shuffle Stack (1 time through) <i>Then pretend you are jumping rope as you spell your full name backwards</i>	3-6-3 20 Windmills <i>Spread legs apart, extend arms touch right hand to left foot, stand straight, left hand to right foot</i>
6	Cycle <i>Eyes Closed</i>	3-6-3 <i>Do 6 sit-ups</i> 3-6-3	3-6-3 <i>Write your full name in the air with left hand, then right hand</i>	3-3-3 <i>March in place for 20 seconds</i> 3-6-3
7	Stack Dance <i>Stack a 3-6-3 then do your favorite dance move for 10 seconds, end in a 3-3-3.</i>	Stack 'n Stretch <i>Pick a stack of your choice. Stretch your arms to right. Stack again, stretch to the left.</i>	Stack 'n Swim <i>Stack a 3-3-3, pretend to swim forward for 10 seconds, then swim backstroke for 10 seconds.</i>	Punch Stack <i>Stack a Cycle then make like a boxer and punch the air left & right for 20 seconds. End in a 3-6-3</i>