



Stackademics®

A body / brain energizer for the classroom



Sport Stacking with Speed Stacks®

A total school approach to fitness, focus, brain activation and fun!

Speed Stacks in the Classroom



Based on the latest brain research linking movement in the classroom to improved academic performance, Speed Stacks is introducing a new program called "Stackademics". It combines the fun and movement of sport stacking with core subject areas and is tailored specifically for a classroom setting. It also offers activities to enhance learning with the application of activities combining the use of cognitive skills in the field of numeracy, literacy and the training of the cerebellum. With this approach it is also an excellent learning aid for children with learning difficulties. The program is widely used by remedial teachers, O.T. therapists and other practitioners.

The Research Behind Stackademics

"Short physical activity breaks of about 5 to 20 minutes in the classroom can improve attention span, classroom behavior and achievement test scores."

*The Association of School-Based Activity and Academic Performance
Centers for Disease Control and Prevention, 2010*

[learn more](#)



Sport stacking challenges the brain, gives immediate feedback and provides physical activity, three things necessary for brain development.

Jean Blaydes Madigan, Neurokinesiologist,
Founder of [Action Based Learning](#)



Let's Move in School

Speed Stacks, Inc. is developed a program for not only the sport of stacking but the use of speed stacks and sports stacking in movement education and recreation as well . Gordons Sports Kft. is a service provider for the Sports Stacking program in Central Europe for not only as an extra mural, but also



as a school's enrichment program. We hold a strong commitment to promoting a total school approach to fitness and body/brain health and development through programs in both the sports hall, outdoors or in the classroom. In line with the curriculum of P.E. lesson , we seek to assist the schools to provide a comprehensive school activity program, with physical education as the foundation, so that youth will develop the knowledge, skills, and confidence to be physically active for a lifetime. We also assist the schools with the introduction of **Stackademics™** learning enhancement program and training of teachers.

Speed Stacks in the Gym

Sport stacking is now in more than 32,000 schools and youth organizations around the world as part of successful P.E. programs. [Speed Stacks](#) offers a complete P.E. unit to promote fitness, hand-eye coordination, teamwork, dexterity and cross-lateral movement. Speed Stacks is the leader in sport stacking since 1998 which had been introduced in Central Europe since January 2011. It is a complementary program for any sport and a skills development program to improve visual, vestibular development, special awareness, reaction time, reflexes and concentration. It enhances the development of speed: quick movement and thinking by connecting the different parts of the brain and the progression of fine motor and hand – eye coordination (MURRAY 2004) Sports Stacking is based on activities using the left and right hand and stimulating the left and right hemispheres of the brain which improves ambidexterity and the connection of the different parts of the brain (HART 2008).



LEARN TO MOVE, MOVE TO LEARN ☺ Project

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