

No Gym? No Problem!

For any physical education instructor whose lesson plans were thwarted by bad weather, lack of facilities or a scheduling conflict, there's a new book that capitalizes on limited-space activities. Just released *No Gym? No Problem!* includes nearly 100 "pilot-tested and engaging games and activities."

Is Sport stacking a part of this? You guessed it, sport stacking with Speed Stacks is high on the list and received three and a half pages of coverage. In fact, the author Charmain Sutherland wrote a personal note to Bob Fox, president and founder of Speed Stacks, thanking him for what he has done in the field of physical education. "Kids love Speed Stacks and sport stacking," she said.

According to Sutherland, sport stacking with Speed Stacks and the other activities included in her book:

- meet National Association for Sport and Physical Education (NASPE) standards,
- use equipment effectively and efficiently in tight spaces,
- overcome space limitations, giving children a safe environment in which to learn and grow; and
- minimize time and budget demands.

Says Human Kinetics, "The activities presented may be used individually or mixed and matched to create lesson plans and activity sessions that reinforce your objectives for skill, concept, or fitness development. Whatever your goals, *No Gym? No Problem!* provides you with all the tools you need in order to safely execute limited-space activities and provide children with the best possible learning environment. The book provides complete lesson plan with an activity, with everything the professional needs."

So what's the conclusion and link to real life?

"Sport stacking is much newer than soccer, but it is growing, has value, and is now considered a sport. You will need new skills for this activity and will have to practice to improve."