

NINJA WARRIOR TRAINING TAG

STUDENT TARGETS

- **Skill:** I will demonstrate chasing and fleeing while performing locomotor movements.
- **Cognitive:** I will discuss the importance of skill-related fitness.
- **Fitness:** I will work to increase my heart rate.
- **Personal & Social Responsibility:** I will follow the rules and etiquette of Warrior Ninja Training Tag so that everyone is safe and has fun.

TEACHING CUES

- Change Direction and Pathways
- Move Safely
- Watch Out for Other Students

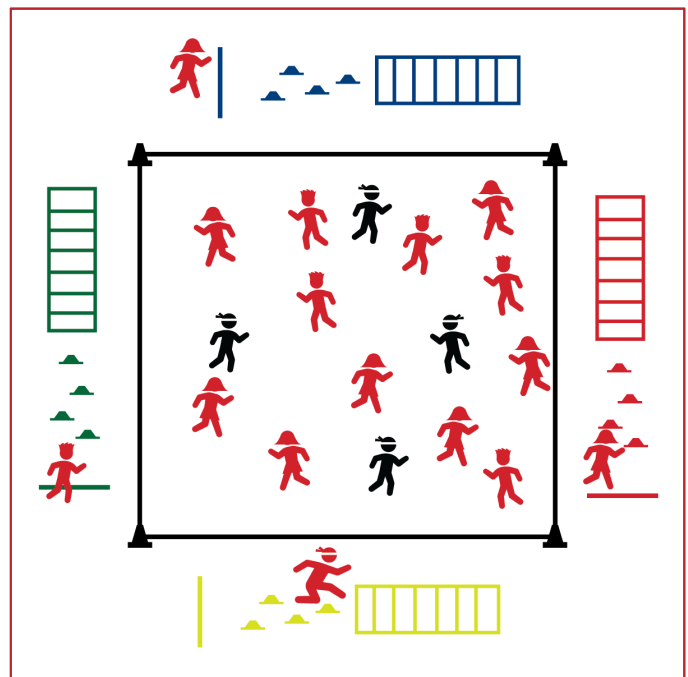
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 24 low-profile cones
- 2 agility ladders
- 24 poly spots
- 1 roll of floor tape
- 1 hopscotch mat
- 4 pinnies: 1 blue, 1 green, 1 yellow, and 1 red

Set-Up:

1. Arrange the equipment into 4 small agility courses: 1 blue course, 1 green course, 1 yellow course, and 1 red course. Each course should sit on 1 of the 4 sides of the activity area.
2. Choose 4 students to wear pinnies and act as warrior taggers. Each course is associated with the matching tagger.



Activity Procedures:

1. Today's activity is called Ninja Warrior Training Tag. The object of the activity is to use your fleeing skills to avoid being tagged by the warrior taggers.
2. When you get tagged, go to the course that matches the color of the person who tagged you.
3. Perform the agility course for that color and then re-enter the game.
4. After 2 minutes, we'll switch warrior taggers.
5. Course instructions:
 - Blue: Weave around the cones, then jumping-jack through the agility ladder.
 - Green: Jump over the cones, then broad jump from line to line.
 - Yellow: Perform the skier through the agility ladder, then foot-fire around the cones.
 - Red: Perform jumping jacks on the poly spots, then hopscotch on the mat.

Grade Level Progression:

- 3rd: Play the activity as described above.
- 4th: Use intermediate-level agility ladder drills.
- 5th: Use advanced-level agility ladder drills.



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UNIVERSAL
DESIGN
ADAPTATIONS

- Decrease the speed of the game by having the students walk during the first round of play. If students are having trouble completing the agility drills, have them walk through the progressions.
- Play the activity with different locomotor speeds.
- Have the students track their heart rates throughout the activity to see how their bodies respond to exercise.

ACADEMIC
LANGUAGE

Agility, Avoid, Chase, Flee, Jump, Pathway, Running, Skill-Related Fitness

STANDARDS
& OUTCOMES
ADDRESSED

- **Standard 1 [E1.3-5]** Leaps using a mature pattern (3); Uses various locomotor skills in a variety of small-sided practice tasks, dance, and educational gymnastics experiences (4); Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics, and dance.
- **Standard 1 [E2.3 & 5]:** Travels showing differentiation between sprinting and running (3); Uses appropriate pacing for a variety of running distances (5).
- **Standard 2 [E5.3-5]** Applies simple strategies/tactics in chasing activities (3a); Applies simple strategies in fleeing activities (3b); Applies simple offensive strategies/tactics in chasing and fleeing activities (4a); Applies simple defensive strategies/tactics in chasing and fleeing activities
- **Standard 3 [E2.3-5]** Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).
- **Standard 4 [E5.3-5]** Recognizes the role of rules and etiquette in physical activity with peers (3); Exhibits etiquette and adherence to rules in a variety of physical activities (4); Critiques the etiquette involved in rules of various game activities (5).
- **Standard 4 [E6.3-5]** Works independently and safely in physical activity settings (3); Works safely with peers and equipment in physical activity settings (4); Applies safety principles with age-appropriate physical activities (5).

DEBRIEF
QUESTIONS

- **DOK 1:** What is skill-related fitness?
- **DOK 2:** What do you know about skill-related fitness?
- **DOK 3:** What facts would you choose to support the importance of skill-related fitness to Ninja Warriors? Why did you choose those facts?

TEACHING
STRATEGY
FOCUS

Help students elaborate on content: Taking 5 minutes to use the DOK debrief questions will help students begin to process the importance of skill-related fitness to their overall physical literacy journey. Provide discussion prompts and encouragement as students work to relate the components of skill-related fitness to their experience with Ninja Warrior activities as well as what they've seen watching Ninja-Warrior style competitions.