

AGILITY

(noun)

The ability to change body position and direction quickly and efficiently.

Because Mason has great **agility**, he is very good at the Jumping Buildings Challenge.



APPROPRIATE

(adjective)

**Correct or right for a given
Situation or setting.**

Listening to the teacher's instruction is an **appropriate** behavior for all students in physical education class.



AVOID

(verb)

**To keep away from something;
to steer clear of it.**

The students became very good at **avoiding** others while moving in general space because they kept their heads up and their eyes alert.



BALANCE

(noun)

**The ability to maintain the body
in proper equilibrium.**

Elizabeth used **balance** as she crossed the spots at
the Egg Carton Challenge.



CARDIOVASCULAR ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Cardiovascular endurance helped Karen complete all the challenges at the regional level.



CHALLENGING

(adjective)

**Difficult in a way that tests
one's abilities and knowledge.**

Kralyon found it **challenging** to complete the Quick Cuts Challenge at the national level.



CHASE

(verb)

To pursue an individual, group, or object in an effort to catch it.

Kay loved to **chase** her classmates during Ninja Warrior Tag because it was a challenge that helped her improve her speed and agility.



COOPERATE

(verb)

To act with others toward the same end or purpose.

Elmo and Vadar knew that reaching the goal would take teamwork, so they worked hard to communicate and **cooperate** during all practices and games.



COORDINATION

(noun)

The ability to synchronize, or combine at the same time, movements of several parts of the body.

Ninja Warrior is one example of a sport that requires **coordination** because athletes must move around while attempting to complete different tasks.



DIRECTION

(noun)

The course along which something moves.

Daryl wondered which **direction** Nadine was going to go: right or left?



EQUIPMENT

(noun)

The set of tools, accessories, and objects used in a sport or activity.

Emily put all her **equipment** back where it belonged when class ended.



ENCOURAGEMENT

(noun)

Support, confidence, or hope offered by someone or some event.

The students enjoyed the **encouragement** that their classmates gave them during the timed obstacle course trials.



ETIQUETTE

(noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

Ninja **etiquette** requires that all participants show respect for other ninjas by using positive and encouraging language.



FITT PRINCIPLE

(noun)

A personal fitness concept that requires the inclusion of frequency, intensity, time, and type of exercise as four elements necessary for a comprehensive and successful fitness plan.

The class discussed the **FITT Principle** as they were making a plan to improve their health-related fitness.



FLEE

(verb)

To run away from a place or situation in order to escape a consequence.

During the tag game, Thomas moved quickly to **flee** the ninja taggers.



GRIT

(noun)

The combination of passion and perseverance that allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance.

Christine's **grit** allowed her to be resilient, practicing again and again until she completed all of the national level challenges.



GUIDANCE

(noun)

Advice or information aimed at helping a person or group reach a goal, resolve a problem, or improve.

The Ninja Warrior Tabata cards provide **guidance** about which Tabata exercises we should do to train like a ninja.



HEALTH-RELATED FITNESS

(noun)

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of health-related fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

All great ninja warriors train with a focus on **health-related fitness.**



IDENTIFY

(verb)

To establish who or what someone or something is.

Robin **identified** four exercises he could practice at home in his spare time.



IMPROVE

(verb)

**To achieve a higher standard or quality;
to make or become better.**

Elyse made a plan to practice her balance in order to **improve** her time in the Ninja course.



INDEPENDENT

(adjective)

Free from outside control or lead.

Vinnie was **independent** during physical education class and worked hard without Mr. Fox watching him.



INTERACTION

(noun)

A meeting or discussion that has an effect on another while they also have an effect on you.

Jess and Joey had a positive **interaction** as they worked together to set up the Ninja Warrior courses.



JUMP

(verb)

To push off of a surface and into the air using the power in your legs and feet.

Kennedra loves to **jump** through the agility ladder and feel the power in her legs help her spring from spot to spot.



LEVEL

(noun)

Position of the body or its parts in relation to the floor, a person, or a piece of equipment.

Sophia knew that the three **levels** include low, medium, and high.



PATHWAY

(noun)

A course or track along which a body or object moves as it travels through general space.

Fiona had to change her **pathway** as her classmates moved in front of her, blocking her movement.



POWER

(noun)

The ability to produce maximum force in the shortest time.

When preparing to jump from spot to spot, LeBron knew that he must exert **power** through his legs in order to take off and jump high enough to complete the challenge.



RESPECT

(verb)

To appreciate someone or something as a result of their abilities, qualities, or achievements.

I respect my classmates because they come to class and work hard to improve.



RUN

(verb)

To transfer weight from one foot to the other with a momentary loss of contact with the floor or ground by both feet; similar to walking but with a longer stride.

Josh loves to **run** from one end of the gym to the other.



SAFE

(adjective)

**Protected against physical,
social, and emotional harm.**

We must always use **safe** behaviors so that
no one gets hurt.



SET

(noun)

A distinct number or group of exercise movements.

Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each **set**.



SKILL-RELATED FITNESS

(noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of skill-related fitness include **Agility, Balance, Coordination, Power, Reaction Time, and Speed.**

Every new ninja learns to appreciate all of the components of **skill-related fitness** and then works to improve every day.



SPECIFIC

(adjective)

Clearly defined or identified.

In Tabata exercises, you do exercises for a **specific** amount of time and then rest for a **specific** amount of time.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a goal or purpose.

Taylor's group displayed excellent **teamwork** during the grid challenge as they quickly moved to one friend at a time to complete the challenge.



TRAVERSE

(verb)

To travel across or through.

Lisa and Amanda used the rope to **traverse** the length of the scooter pull challenge.



VIGOROUS

(adjective)

Done with great force and energy.

Vigorous exercise helps your heart become strong and healthy.



WEIGHT TRANSFER

(noun)

A change in the center of gravity beyond its base of support in order to create movement or generate force.

Denise used a weight **transfer** to propel herself on the scooter in different directions through the slalom challenges.



NINJA WARRIOR

(noun)

A person who has made a commitment to improve and maximize both health- and skill-related fitness in order to overcome elite obstacle course challenges.

Makoto Nagano is one of the most famous **Ninja Warriors** of all time. He was a humble fisherman before defeating the Mount Midoriyama obstacle course.

