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| **NINJA WARRIOR STICK YOUR JUMP COURSE**(Hometown Challenge) |
| **Can you stick your jumps?**Use 6 jumps to make it across the jump course (from line to line) and then back again.Complete the pattern below.**Line = Start/Finish****R = Right Foot****L = Left Foot****X = Both Feet****R = Right Foot****L = Left Foot****S = Turn Around** | https://lh5.googleusercontent.com/MsK_aoIyvRGr-PyC3h1InKIioe9eikwrOeDojzP8mB4blMCPO-cJeYgzO0L3OVddJkOCuAI6TigjzvIGq0MRMqvNjEAcXxMMJupoGI9hwHa5CAG4w2iCs89F4Vo1k55s2ZOcYGEz |
| **Equipment Needed:** Floor Tape**Set Up:** Create 2 parallel lines 6–10 feet apart (based on student ability). |

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| **NINJA WARRIOR STICK YOUR JUMP COURSE**(Regional Challenge) |
| **Can you stick your jumps?**Use 9 jumps to make it across the jump course (from line to line).Complete the pattern below.**Line = Start/Finish****R = Right Foot****L = Left Foot****X = Both Feet****R = Right Foot****L = Left Foot****S = Turn Around****X = Both Feet****X = Both Feet****RL = Both Feet Straddle Landing** |  |
| **Equipment Needed:** Floor Tape**Set Up:** Create 2 parallel lines 6–10 feet apart (based on student ability). |

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| **NINJA WARRIOR STICK YOUR JUMP COURSE**(National Challenge) |
| **Can you stick your jumps?**Use 10 jumps to make it across the jump course (from line to line).Complete the pattern below.**Line = Start/Finish****R = Right Foot****L = Left Foot****X = Both Feet****R = Right Foot****L = Left Foot****X = Both Feet****S = Switch Directions****X = Both Feet****R = Right Foot****L = Left Foot** |  |
| **Equipment Needed:** Floor Tape**Set Up:** Create 2 parallel lines 6–10 feet apart (based on student ability). |