|  |  |
| --- | --- |
| **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). | |

|  |  |
| --- | --- |
| **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). | |

|  |  |
| --- | --- |
| **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). | |