

# 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**



**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**

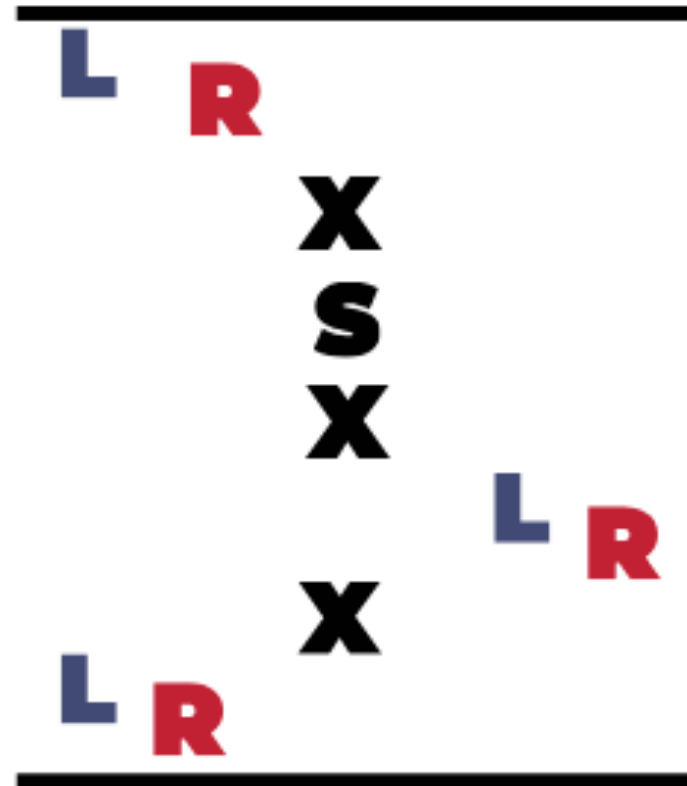
**X = Both Feet**

**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).