

NINJA WARRIOR STICK YOUR JUMP COURSE 2

(Hometown 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

S = Turn Around

X = Both Feet

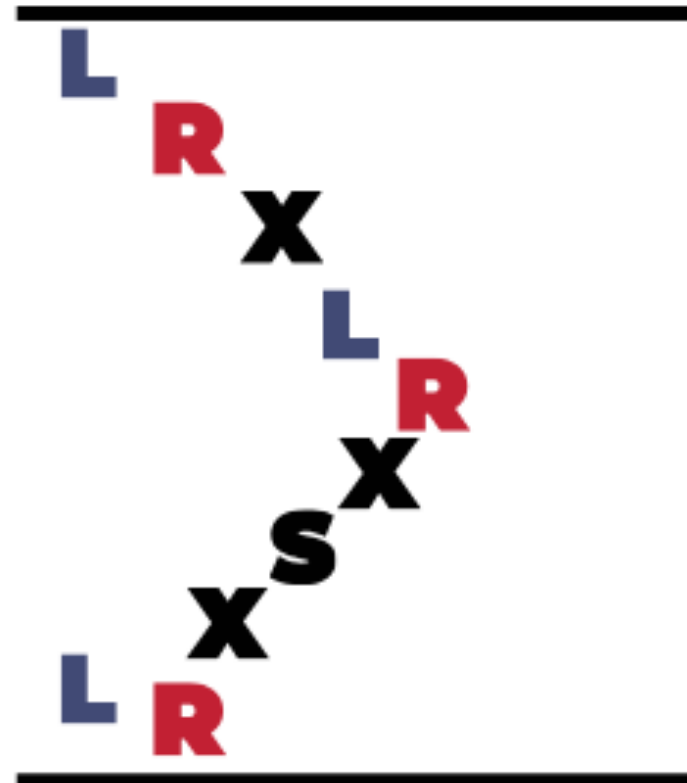
R = Right Foot

L = Left Foot

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).

NINJA WARRIOR STICK YOUR JUMP COURSE

(Regional 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

L R = Straddle Jump Both Feet

L R = Straddle Jump Both Feet

X = Both Feet Together

S = Turn Around

X = Both Feet Together

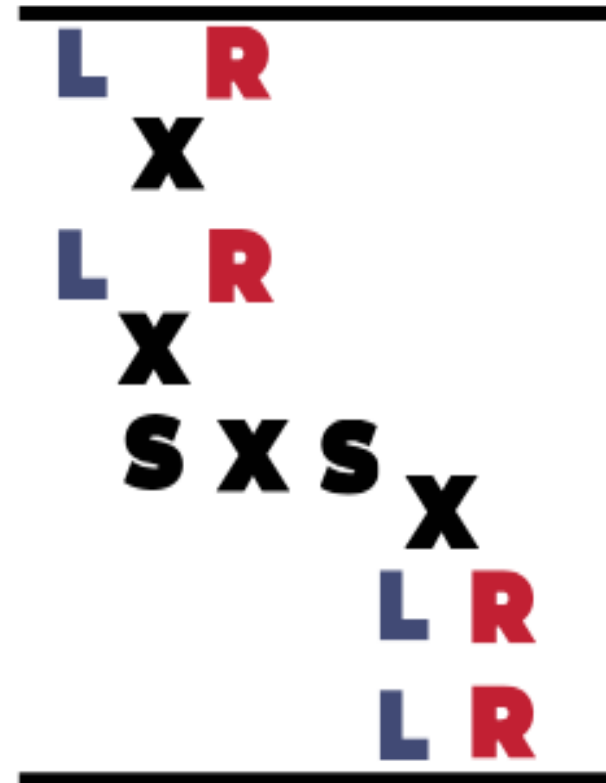
S = Turn Around

X = Both Feet Together

L R = Straddle Jump Both Feet

X = Both Feet Together

L R = Straddle Jump Both Feet



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 9 jumps to make it across the jump course (from line to line).

Complete the pattern below.

Line = Start/Finish

L R = Straddle Jump Both Feet

X = Both Feet Together

L R = Straddle Jump Both Feet

S = Turn Around

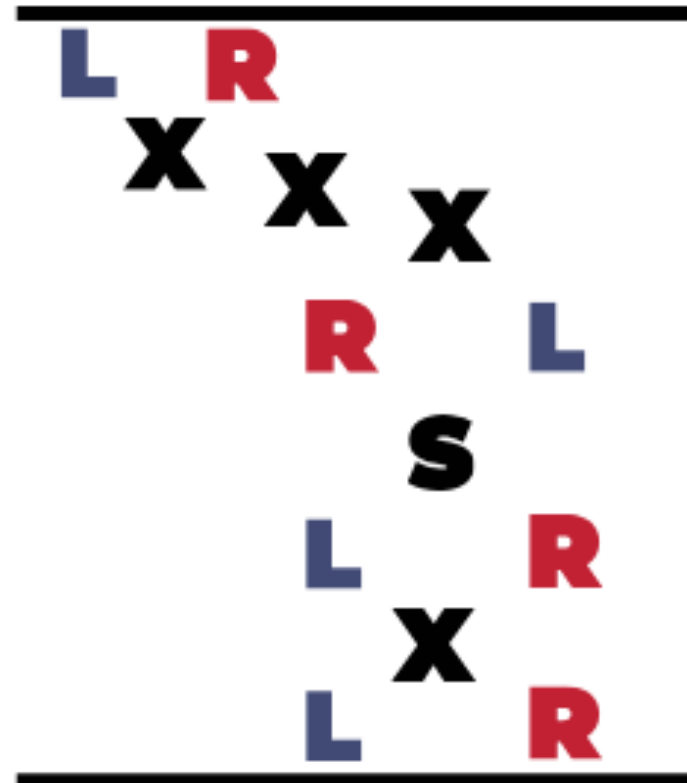
L R = Straddle Jump Both Feet

X = Both Feet Together

X = Both Feet Together

X = Both Feet Together

L R = Straddle Jump Both Feet



Equipment Needed: Floor Tape

Set Up: Create 2 parallel lines 6–10 feet apart (based on student ability).