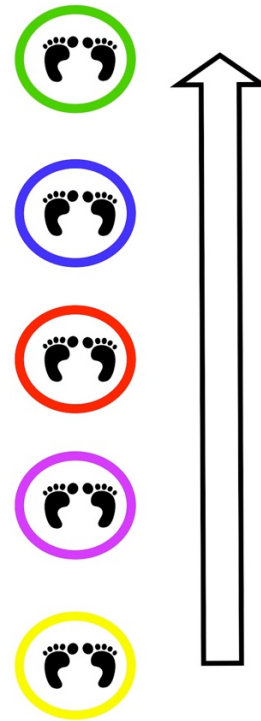


# NINJA WARRIOR HOOPS: THE SNAKE

(Hometown Challenge)

## Straight Jumping

- Keep your feet **together**.
- **Jump** from hula hoop to hula hoop, keeping your body facing **forward**.
- If you miss a hula hoop, start over.



**Equipment Needed:** 5 hoops per active ninja.

**Set Up:** Create a line of hoops. Make sure the hoops are jumping distance apart.

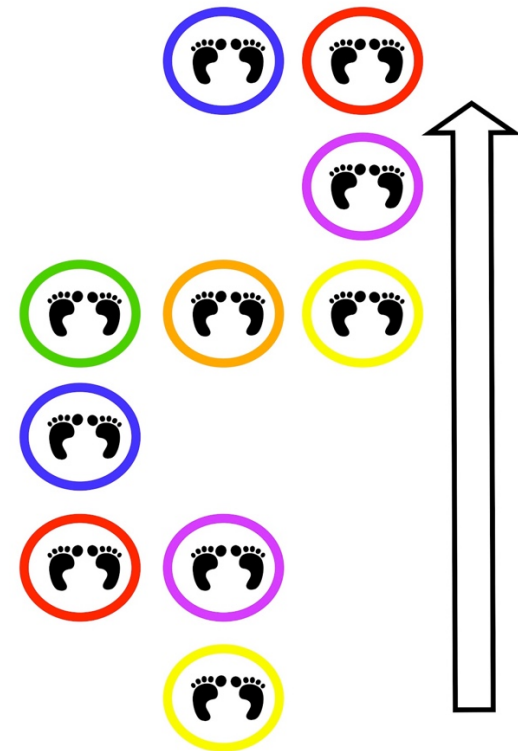


# NINJA WARRIOR HOOPS: THE SNAKE

(Regional Challenge)

## Lateral Jumping

- Keep your feet **together**.
- **Jump** through the pattern of hula hoops.
- Use **lateral** jumps for hula hoops that are to the left or right.
- If you miss a hula hoop, start over.



**Equipment Needed:** 10 hoops per active ninja.

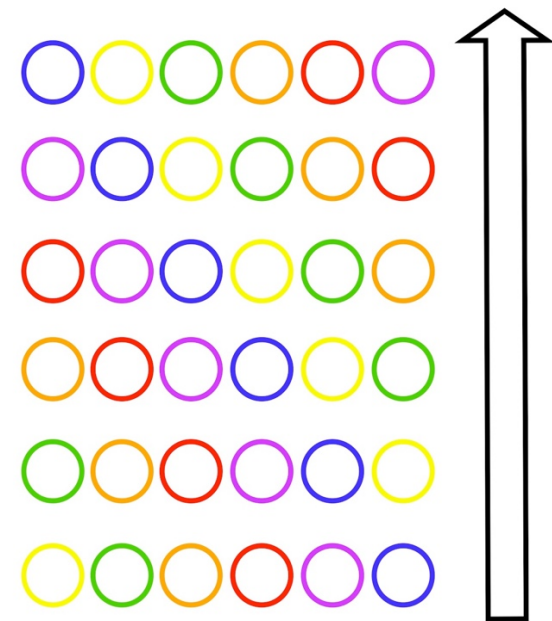
**Set Up:** Create a snake pattern with right angles using hoops. Make sure the hoops are jumping distance apart.

# NINJA WARRIOR HOOPS: THE SNAKE

(National Challenge)

## Jump, Leap, Hop

- Move through the hula hoop **pattern** from 1 end to the other.
- **Jump** into the blue and purple hula hoops.
- **Leap** into the orange and red hula hoops.
- **Hop** into the green and yellow hula hoops.
- If you miss a hula hoop, start over.



**Equipment Needed:** 36 hoops (in 6 color sets) per active ninja.

**Set Up:** Create a 6x6 grid of hoops. Make sure the hoops are jumping distance apart.

