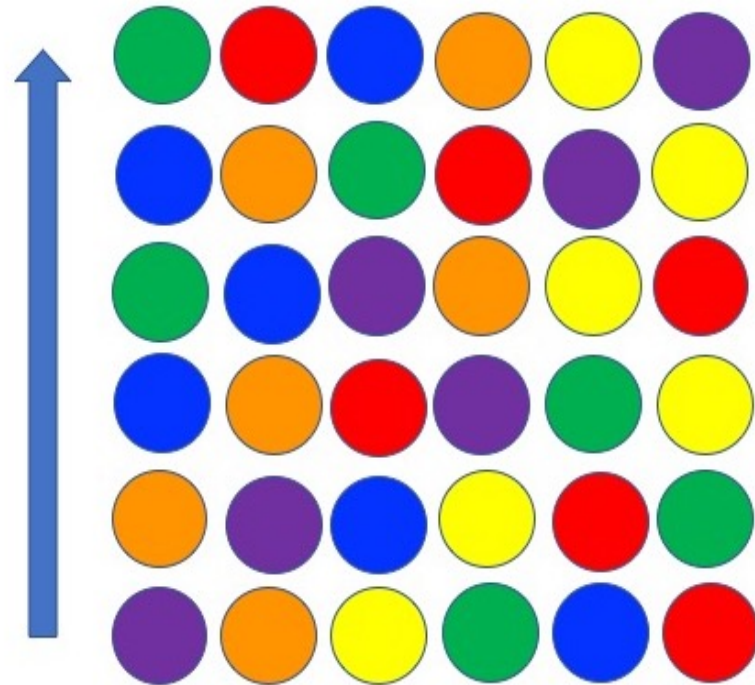


NINJA WARRIOR SPOTS: THE GRID PATTERN

(Hometown Challenge)

Bear crawl across the grid.

- Bear crawl on hands and feet across the entire grid of spots.
- Hands and feet must touch every spot.
- If you miss a spot, try again. Do not move past a spot until you have touched it with both hands and feet.



Equipment Needed: 36 spot markers

Set Up: Create a 6x6 grid using different color spot markers.

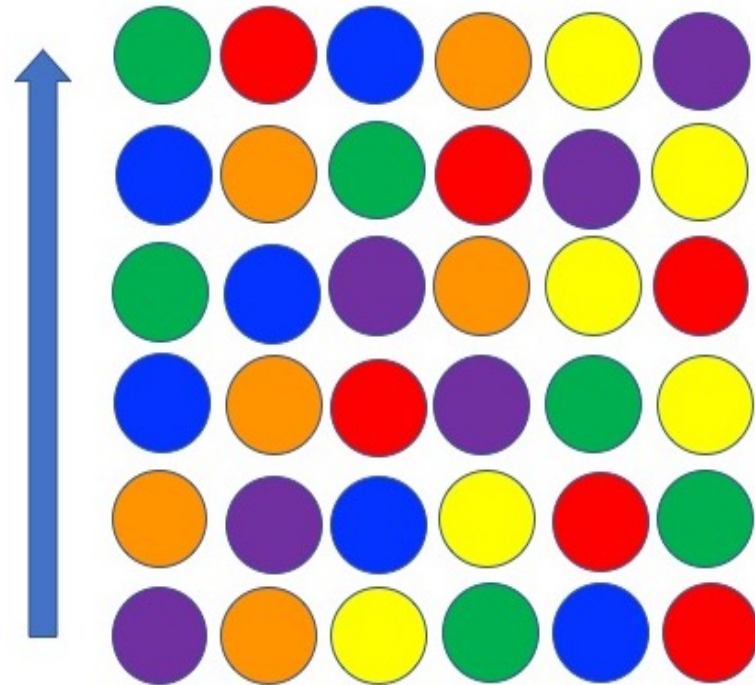


NINJA WARRIOR SPOTS: THE GRID PATTERN

(Regional Challenge)

1-foot hop across the grid.

- Students hop on 1 foot across the entire grid of spots.
- Only 1 foot can touch any of the spots. If you start on your right foot, you must only use your right foot to touch spots.
- If you miss a spot, try again until you touch the spot.



Equipment Needed: 36 spot markers

Set Up: Create a 6x6 grid using different color spot markers.

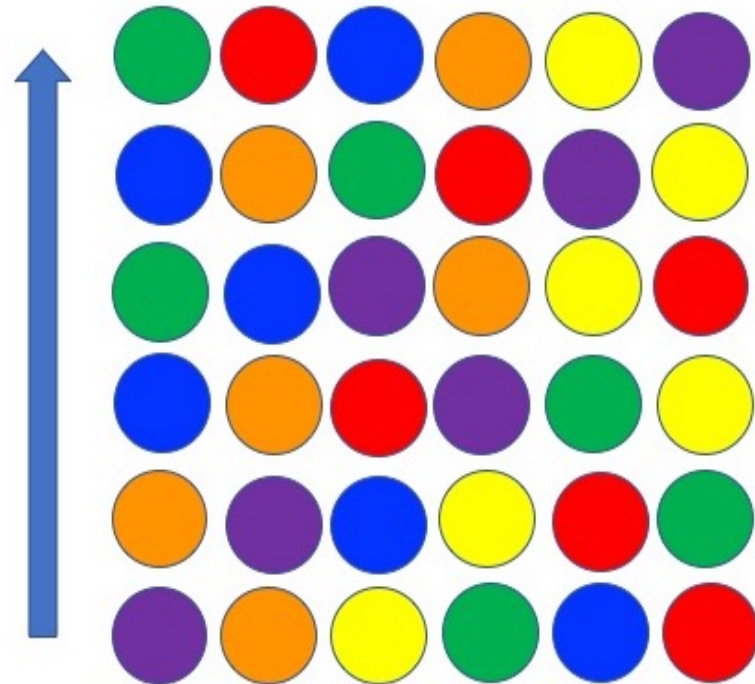


NINJA WARRIOR SPOTS: THE GRID PATTERN

(National Challenge)

Color-leap across the grid.

- Choose a color and leap from spot to spot, jumping and landing on only the spots of your chosen color.
- Your feet must land on a spot (that matches your color). If you miss a spot, you must try again.



Equipment Needed: 36 spot markers

Set Up: Create a 6x6 grid using different color spot markers.

