

Ninja River Jump

Watch this activity demo on  YouTube 

The Goal:

To score as many points as possible in 10 jump attempts.

What You Need:

3 pieces of paper

How To Play:

- Lay 3 pieces of paper end-to-end to form a line. Stand at one end so that the line of papers is next to you and not directly in front of you.
- Jump forward as far as you can next to the line of papers.
- ***Do not attempt to jump over or on top of the paper as this could be unsafe.***
- When you jump you must land on two feet and maintain your balance.
- Jump past one sheet of paper, you score 1 point;
Jump past two sheets of paper, you score 2 points;
Jump past all three sheets, you score 3 points!
- Continue for 10 jump attempts, record and total your scores!



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Ninja Moves

Watch this activity demo on  YouTube 

The Goal:

To complete a sequence of ninja moves as fast as possible.

What You Need:

2 cones (spots or markers), Stopwatch or Timer

How To Play:

- Place cones 5 paces apart. Stand at one cone in a ready position.
- On the start signal, complete the Ninja Moves listed below from one cone to the other. After each movement down and back, move on to the next move. How quickly can you get through the entire list of moves?

- ★ Bear Crawl
- ★ Crab Walk
- ★ Hop on Right Foot
- ★ Hop on Left Foot

- ★ Jump Forward
- ★ Jump Backwards
- ★ Slide Right
- ★ Slide Left



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Ninja Rescue

Watch this activity demo on  YouTube 

The Goal:

Rescue all 5 cups and return them to safety to score points.

What You Need:

2 spots (or markers), 5 Cups, 2 cones (or chairs), 1 Noodle (or broomstick)

How To Play:

- Place spots 10 paces apart. On the far spot, set 5 cups in a stack.
- Halfway between the spots, balance a noodle across the top of two low cones to create a safe hurdle obstacle.
- Students start on the near spot. This spot represents safety.
- On the start signal, students run, leap over the noodle obstacle, and collect one cup from the far end. On the return, crawl under the noodle obstacle.
- Score 5 points for each cup saved on a clean run. A point is lost if the noodle is knocked down or if there are safety violations assigned by teacher.
- Add your total score after all 5 cups are rescued!



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Ninja Landing

Watch this activity demo on  YouTube 

The Goal:

Score as many points as possible in 1 minute by jumping with soft landings as many times as you can in 1 minute.

What You Need:

2 spots, 1 Noodle

How To Play:

- Place spots a small step apart. (Spots can be drawn with chalk on a sidewalk or safe driveway). Lay the noodle in the middle of the 2 spots.
- Stand in a ready position on either spot. Remind yourself to always land safely and softly by bending your knees.
- Complete each level below by jumping over the noodle from spot-to-spot.
 - Level 1: Jump Forward (2-foot landings)
 - Level 2: Jump Side-to-Side (2-foot landings)
 - Level 3: Jump with a half-turn (2-foot landings)
 - Level 4: Tuck Jump (2-foot landings)



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