

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



in support of

