

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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