

Ninja Landing

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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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