

# NINJA WARRIOR STICK YOUR JUMP COURSE

(Hometown Challenge)

**Equipment Needed:** Masking Tape

**Set Up:** Use tape to create 2 lines 6 feet apart.

**Can you stick your jumps?**

Use 6 jumps to make it across the jump course (from line to line) and then back again.

Complete the pattern below.

**Line = Start/Finish**

**R = Right Foot**

**L = Left Foot**

**X = Both Feet**

**R = Right Foot**

**L = Left Foot**

**S = Turn Around**



# NINJA WARRIOR STICK YOUR JUMP COURSE

(Regional Challenge)

**Equipment Needed:** Masking Tape

**Set Up:** Create 2 lines 6 feet apart.

**Can you stick your jumps?**

Use 9 jumps to make it across the jump course (from line to line).

Complete the pattern below.

**Line = Start/Finish**

**R = Right Foot**

**L = Left Foot**

**X = Both Feet**

**R = Right Foot**

**L = Left Foot**

**S = Turn Around**

**X = Both Feet**

**X = Both Feet**

**RL = Both Feet Straddle**

**Landing**



# NINJA WARRIOR STICK YOUR JUMP COURSE

(National Challenge)

**Equipment Needed:** Masking Tape

**Set Up:** Create 2 lines 6 feet apart.

**Can you stick your jumps?**

Use 10 jumps to make it across the jump course (from line to line).

Complete the pattern below.

**Line = Start/Finish**

**R = Right Foot**

**L = Left Foot**

**X = Both Feet**

**R = Right Foot**

**L = Left Foot**

**X = Both Feet**

**S = Switch Directions**

**X = Both Feet**

**R = Right Foot**

**L = Left Foot**

