

PE NINJA WARRIOR



Activities

Quintuple Step

- Equipment - cheese Mats
- Skills – agility/balance

Crab Walk

- Equipment – none
- Skills – upper body strength

Equalizer Pull up

- Equipment – equalizer bar
- Skills – upper body/core strength

Bucket Balance

- Equipment – different sized buckets
- Skills - Balance

Arches Over and Under (Upper body)

- Equipment – rubber tube arches
- Skills – upper body strength/flexibility

Sliding Wall Sit

- Equipment – none
- Skills – lower body strength

Dome Cones

- Equipment – balance domed cones
- Skills – balance/core strength

Scooter Tunnel (swimming)

- Equipment – mats, cones, scooters
- Skills – upper body/core strength

Spooner Walk

- Equipment – spooners
- Skills – balance/core strength

Med Ball Alley

- Equipment – medicine balls, barrier
- Skills – upper body/lower body strength

Plates (Upper Body)

- Equipment – paper plates
- Skills – upper body/core strength

Equalizer Bars (over/back/side/side)

- Equipment – equalizer bars
- Skills – upper body/core strength

Sprint to Buzzer (Chicken)

- Equipment – rubber chicken!
- Skills - agility/speed/power