

BENEFITS OF PRESCHOOL NINJA TRAINING

Sure, Ninja Training is FUN (and cool!) but check out all of the amazing benefits it provides for our preschool student's rapidly developing brain and bodies!

Ninja is an excellent brain-priming activity that generates neural pathways and promotes brain integration, effectively preparing children for social and academic success.

Providing opportunities for children to find joy in physical challenges helps promote **growth mindset**, self-confidence, and builds a strong foundation for a life-long love of learning and movement.

Providing a fun first experience in a structured class helps to develop listening skills and the ability to follow instructions.



Combined elements of strength, balance, and coordination effectively prepare young children for future participation in other sports.

High impact and weight-bearing activities help to develop a strong skeletal system by increasing bone mass and density. This makes children less susceptible to bone fractures and osteoporosis later in life.

Increased body awareness, agility, and flexibility can help keep children safer during other physical activity and every-day life.

Positive interactions with coaches and peers encourages pro-social behavior, self-confidence, and a sense of belonging.

GROWTH MINDSET

The belief that our true potential is unknown, that we have the ability to learn, grow, acquire skills and accomplish tasks that we are not initially able to do. Our basic abilities can be grown and enhanced through a series of attempts, failures, and adjustments directly affected by our effort, attitude, determination, and resilience.

WHEN CHILDREN LEARN THAT THEY CAN OVERCOME CHALLENGES IN THE GYM, THEY LEARN THAT THEY CAN OVERCOME CHALLENGES IN LIFE, TOO!



KIDS ARE WIRED TO MOVE!

At Hart Gymnastics, we've taken children's natural tendencies and unmatched energy into account while creating our Ninja Warrior program. Our ninjas climb, crawl, tumble, and swing their way through a series of ground and hanging obstacles while we train techniques that help them navigate courses safely, quickly, and efficiently. Oh, and we have a ton of FUN while doing it!

PRESCHOOL NINJA TRAINING

NINJA TOTS

- 18 mos.-3 years
- Parent participation
- 45 min. class



SKILL FOCUS:

- Locomotor skills
- Jumping with 2 feet
- Basic safety landings
- Basic/modified tumbling skills
 - › Forward roll › Log roll
- Introduction to ground obstacles
 - › Beams › Slanted steps
- Introduction to hanging obstacles
 - › Bars › Rings
- Introduction to climbing obstacles
 - › Rock wall › Ladder
- Introduction to sequenced obstacle courses
- Fine motor development

LITTLE WARRIORS

- 3-5 years old (prior to Kindergarten)
- 45 min. class



SKILL FOCUS:

- Basic safety landings
- Basic/modified tumbling
 - › Forward roll › Backward roll
 - › Log roll › Supported handstand › Modified cartwheel
- Basic ground obstacles
 - › Log run › Slanted steps
 - › Precision jumps
- Modified hanging obstacles
 - › Rings › Monkey Bars
- Modified climbing obstacles
 - › Rock wall › Rope
 - › Cargo net › Ladder
- Basic vaulting skills
- Basic trampoline skills
- Navigate 4-5 obstacles in the proper order

