

BENEFITS OF SCHOOL-AGE NINJA TRAINING

Ninja Warrior Training helps develop **physical literacy** and is the perfect cross training activity for all other sports!

Requires athletes to think strategically while preplanning movements and making quick adjustments during activity.

Increases focus and awareness

Increases hand-eye coordination

Offers fun, challenging activities in a supportive environment foster growth mindset, good sportsmanship, self-confidence, and a sense of belonging.

Develops upper body strength

Increases flexibility significantly reduces risk of injury

Increases grip strength

Increases vertical jump height and horizontal jump length

Increases core strength for overall body control and safety

Increases speed and agility

Offers high-impact exercise promotes healthy bone growth and increases bone density

PHYSICAL LITERACY

The ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole individual.

COMPETENCE + CONFIDENCE + MOTIVATION + PARTICIPATION
= PHYSICAL LITERACY

SCHOOL-AGE NINJA TRAINING

KID WARRIORS

- 5-7 years old (K-2nd grade)
- 45 min. class



SKILL FOCUS:

- Safety falls and rolls
- Basic tumbling skills
 - › Forward/backward roll
 - › Shoulder roll
 - › Cartwheel
 - › Handstand
- Introduction to full size ninja rig
- Ground obstacles
 - › Slanted steps
 - › Log run
 - › Precision jumps
 - › Precision strides
- Hanging obstacles
 - › Ring swings
 - › Floating wind chimes
 - › Unstable monkey bars
- Climbing obstacles:
 - › Spider wall
 - › Cargo net
 - › Cat crawl
 - › Rope
- Modified warped wall
- Introduction to vaulting
 - › Thief vault
 - › Squat on
- Navigate obstacle courses

JUNIOR WARRIORS

- 8+ years old (3rd grade+)
- 60 min. class



SKILL FOCUS:

- Safety landing, falls, and rolls
- Basic and Intermediate tumbling
 - › Rolls
 - › Handsprings
 - › Wall spins
- Hanging obstacles
 - › Ring swing
 - › Unstable bridges
 - › Unstable monkey bars
 - › Floating wind chimes
- Elevated ground obstacles
 - › Precision jumps
 - › Log run
 - › Precision strides
 - › Slanted steps
- Climbing/traversing obstacles
 - › Peg boards
 - › Bars
 - › Cargo net
- Basic to Intermediate vaults
 - › Thief variations
 - › Kong
 - › Handspring
- Warped wall
- Efficient transitions between obstacles without break in flow



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