



Class Title: Green / Blue Ninja Fitness

Subjects Covered: Physical Ed

Teacher Name: Anna Roman

Class Day: Flriday

Class Size: 18

Overall Class Cost: \$88

Individual Student Supply Fee: \$0

Class Fee: \$96

Ages or color group served: Green and Blue

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: NA

Class Description:

Ninja Fitness is an active, hands-on physical education class designed to help children build strength, coordination, balance, agility, endurance, and confidence through fun, age-appropriate fitness challenges.

Throughout the 12-week course, students will learn and practice foundational physical education skills while working through obstacle courses, agility drills, balance challenges, relay activities, jumping exercises, crawling challenges, and team activities.

The course is designed for a wide range of abilities. Activities can be adjusted so younger students can develop foundational movement skills while older students are given more challenging versions of the same exercises.

While many activities are inspired by ninja-style obstacle courses, the class's focus is not simply on completing obstacles as quickly as possible. Students will learn proper movement techniques, body control, safe jumping and landing, coordination, perseverance, teamwork, and how to appropriately challenge themselves.

Each week builds on skills learned in previous classes, leading up to an Ultimate Ninja Warrior Challenge in the final week.

Week 1:

Focus: Movement, Safety & Body Control

Students will be introduced to Ninja Fitness and learn how to safely participate in obstacle courses and fitness activities.

We will practice basic movements including running, stopping, crawling, jumping, stepping over obstacles, navigating around cones, and moving safely around other students.

Students will learn the importance of controlling their bodies rather than simply trying to move as quickly as possible.

The class will conclude with a beginner Ninja Training Course that combines several of the movements practiced during class.

Students will learn: spatial awareness, basic locomotor movements, following course directions, obstacle safety, body control, and proper stopping techniques.

Week 2:

Focus: Balance & Stability

Students will explore different ways to maintain their balance while standing still and while moving.

Activities will include one-foot balance challenges, heel-to-toe walking, stepping stones, balance paths, sideways movement, and navigating low balance obstacles.

Students will also begin learning how their arms, eyes, feet, and core help them maintain balance.

The class will finish with a "Don't Touch the Floor" ninja course.

Students will learn: static balance, dynamic balance, stability, coordination, controlled movement, and body awareness.

Week 3:

Focus: Jumping & Safe Landings

Students will learn how to safely jump and land using proper body positioning.

We will practice two-foot takeoffs and landings, forward jumps, sideways jumps, obstacle jumps, hoop jumps, and precision landings.

Students will learn that a good landing is just as important as the jump itself.

The final obstacle course will require students to use various jumps to navigate it.

Students will learn: jumping mechanics, safe landing techniques, lower-body coordination, balance, power, and precision.

Week 4:

Focus: Agility & Direction Changes

This week focuses on helping students move quickly while remaining under control. Students will practice agility ladders, cone weaving, lateral and forward-and-backward movement, shuttle runs, quick feet, and changes of direction. Students will complete an Agility Maze and have opportunities to repeat challenges and improve their own performance. Students will learn: agility, footwork, directional awareness, acceleration, deceleration, coordination, and controlled changes of direction.

Week 5:

Focus: Whole-Body Movement

Students will learn different ways to move their bodies through, under, over, and around obstacles. Activities will include bear crawls, crab walks, army crawls, tunnels, stepping obstacles, and other animal-style movements. These activities help strengthen the shoulders, arms, core, and legs while also improving coordination. Students will finish class with a course requiring them to choose the correct movement for each obstacle. Students will learn: upper-body strength, core strength, coordination, motor planning, spatial awareness, and whole-body movement.

Week 6:

Focus: Strength & Muscular Endurance

Students will be introduced to age-appropriate strength exercises using their own body weight. Activities may include squats, wall sits, planks, modified push-ups, animal walks, carries, and other functional movements. Students will rotate through a Ninja Strength Circuit and learn that strength training is not simply about lifting heavy objects.

The focus will be on good movement, effort, and control rather than completing the most repetitions.

Students will learn: muscular strength, muscular endurance, core stability, proper exercise technique, and the importance of physical strength in everyday movement.

Week 7:

Focus: Speed, Reaction Time & Quick Decisions

Students will work on short-distance speed and reacting quickly to instructions.

Activities will include short sprints, reaction games, shuttle runs, start-and-stop drills, and challenges requiring students to respond to different visual or verbal signals.

Students will learn how to accelerate, slow down, stop safely, and quickly change what they are doing in response to new instructions.

Students will learn: reaction time, acceleration, speed, listening skills, stopping mechanics, decision-making, and directional movement.

Week 8:

Focus: Accuracy & Coordination

Ninjas need more than speed and strength—they also need precision.

Students will combine physical movement with accuracy challenges. Activities will include beanbag target tosses, foam-ball throwing, rolling through targets, precision jumps, object carries, and obstacle navigation.

Students will complete a Ninja Mission Course where certain obstacles require an accuracy challenge before they can continue.

Students will learn: hand-eye coordination, throwing accuracy, movement precision, concentration, and controlled force.

Week 9:

Focus: Cardiovascular Fitness

Students will learn about endurance and how their heart, lungs, and muscles function during prolonged physical activity.

Instead of completing very difficult individual obstacles, students will work through longer, continuous circuits that involve jogging, crawling, balancing, jumping, carrying, and agility movements.

Students will also discuss the importance of rest, hydration, breathing, and pacing themselves during exercise.

Students will learn: cardiovascular endurance, pacing, breathing control, stamina, recovery, and awareness of how their bodies respond to exercise.

Week 10:

Focus: Teamwork & Communication

This week shifts the focus from individual challenges to working with others.

Students will participate in partner and small-group activities that require communication, patience, cooperation, and problem-solving.

Challenges may include partner relays, synchronized movements, object transportation challenges, cooperative obstacle courses, and team missions.

Success will depend on students working together rather than simply being the fastest.

Students will learn: teamwork, communication, cooperation, patience, leadership, sportsmanship, and collaborative problem-solving.

Week 11:

Focus: Combining Our Skills

Students will begin putting together everything they have learned throughout the semester.

The class will be divided into training zones focusing on:

Balance: beams, stepping stones, and controlled movement

Power: jumping and landing

Agility: ladders and cone courses

Strength: crawls, carries, and bodyweight exercises

Precision: throwing and target challenges

Speed: short sprints and reaction activities

Students will then complete a practice obstacle course in preparation for the final week.

Students will learn: skill combinations, movement sequencing, endurance, problem-solving, confidence, and preparation.

Week 12:

Focus: Putting It All Together

During our final class, students will complete the Ultimate Ninja Warrior Challenge!

The final course will incorporate skills developed throughout the entire semester. Students may encounter agility ladders, hurdles, balance challenges, tunnels, stepping stones, crawling sections, target throws, precision jumps, carries, cone weaving, and a sprint to the finish.

Students will have multiple opportunities to complete the course and demonstrate how much their skills have developed.

The emphasis will be on completing the challenge safely, doing their personal best, encouraging classmates, and celebrating their progress over the 12 weeks.

Students will demonstrate: balance, agility, strength, speed, endurance, coordination, accuracy, safe movement, perseverance, and sportsmanship.