



DL Kids Garden Games - Ninja Workout

Equipment Needed; Household items, masking tape / playground chalk

Train to become the ultimate Ninja! Set up an obstacle course in your garden or house using some inspiration from the suggested stations below. Try to set up a minimum of 3 stations to create your course.

Choose a starting point for your child to start at, they will begin with that obstacle/ninja challenge and then move onto the next and so forth until they complete the full course. Once they complete the course encourage them to show you their best ninja pose to celebrate – if you have any medals or ‘prizes’ for becoming the ultimate ninja they could also receive these.

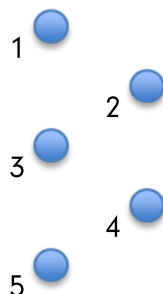
Time your child as they complete the course, how quickly can they complete all ninja challenges? Can they complete them quicker a second time?

Balancing Act

Using a line for children to balance along from the start to the end and must not fall off showing ultimate ninja balance! You can create your line with masking tape on the floor, laying out a skipping rope or dressing gown tie, if you have any outdoor chalk you could also draw this on patio.

Floating Steps

For this activity you need to set out points shown below (blue circles) and children will leap from point to point from 1 to 5. To set up your points use socks to mark these out or if you have a patio area in your garden use playground chalk to draw these.



The Wall

Stick a piece of masking tape or paper to a wall or fence at a chosen height. Children will run and jump to try and tap the paper or line on the wall.

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]