



Physical Activity Lesson Plan-Ninja Warrior Tag

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is a tag game with warriors as the taggers. If you get tagged by a warrior, you must go complete the warrior course of the same color as the pinnie of the warrior who tagged you, then return to the game.

Group Size: 30+

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

16 low-profile cones

Any equipment to encourage fitness: hurdles, agility ladders, poly spots, hula hoops, gymnastics mats, etc.

4 pinnies: 1 blue, 1 yellow, 1 red, 1 green

4 standard cones (optional-only needed if not in a gym with lines marked on the floor)

Lesson Objective #1:

Demonstrate chasing and fleeing while performing locomotor movements.

Lesson Objective #2:

Follow the rules of Ninja Warrior Tag so that everyone is safe and has fun.

Lesson Objective #3:

I will work to increase my heart rate.

Lesson Procedure

Introduction/Attention Grabber:

How many of you watch American Ninja Warrior? Allow students to answer and say what they know about it.

Explain that they are about to do a mini version of American Ninja Warrior.

Instructions:

SET-UP:

1. Use a square or rectangular space. Arrange the equipment into 4 small agility courses: 1 blue course, 1 red course, 1 yellow course, 1 green course (or use what colors of pinnies/equipment that you have.) Each course should sit on 1 of the 4 sides of the activity area. You can arrange each course the same, or make them different. An example course would be: A cone to designate the starting point, 4-5 low-profile cones they have to snake through, an agility ladder they have to jump through, and then they can return to play. Another example: Cone for the starting point, 5 hurdles they have to jump over with 2 feet, a balance beam (or line on the floor) they have to walk on, a jump rope attached to the top of cones that they have to crawl under on their stomach. You can get really creative with each one. Use any equipment that makes them jump, use agility to go around or through, go under, etc.

2. Choose 4 students to wear pinnies and act as the warrior taggers. Each course is associated with the matching tagger.

RULES:

1. The object is to try and not get tagged by a warrior.

2. When you get tagged, go to the course that matches the color of the pinnie the person who tagged you was wearing. (Ex. I got tagged by the warrior with the blue pinnie. I must leave the game and go to the blue warrior course, complete it, and then I can return to the game.)

3. Perform the agility course for that color and then re-enter the game.

4. After a couple minutes, stop the game and switch warrior taggers.

5. Example course instructions: Demonstrate each before beginning the activity.

Blue-weave around the cones, then jumping-jack through the agility ladder

Red-Jump over the cones, then broad jump from line to line

Green-Perform the skier through the agility ladder, then do slides around the cones

Yellow-Perform jumping jacks on the poly spots, then hopscotch on the mat.

(These are just examples. You can use anything you want to.)

**Change locomotor skills or speeds within the tag part of this activity. (EX. slow, medium, fast walk, skip, hop, jump, gallop, side slide, etc.)

Checking for Understanding:

Observe students performance on the agility course. Give feedback, if needed, to keep them safe and productive.

Lesson Adaptations

Time Adaptations:

This game can go as long or as short as needed.

Every couple times you switch taggers, I would allow the students to get water if needed.

Location Adaptations:

This game can be played in any open space. A gym works best because you can use the basketball court as the tagging area and place the warrior courses outside the boundary.

Age Adaptations:

K-2: Keep all 4 warrior courses the same. This way they do not get confused as to what they need to do.

4-5: Make the warrior courses harder. More difficult footwork and movements would challenge this age group.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: