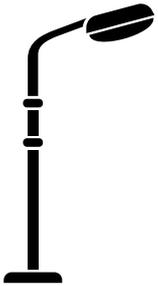


# NINJA WALK

**COLLAR &  
CUFFS CO**

**Calling all Ninja Warriors!** Boost your focus, concentration and energy by combining Ninja Training Skills with your daily walk.

**Spot the street features, do the Training Skill, feel awesome!**



## Lamppost

**Ninja Novice:** Run to the lamppost, tag it and do the biggest jump you can

**Ninja Intermediate:** Using the lamppost for support, kick one leg in the air - how high can you go?

**Ninja Advanced:** Run towards the lamppost, use the leg closest to the post to push off from it, boosting yourself forwards - practice against an outside wall at home first



## Road name sign

**Spot the vowels and do the right number of movements in order e.g. for Valentine Road you would do: 3 star jumps, 2 hops, 1 turn, 2 hops, 3 claps and 3 star jumps**

**Aa:** 3 star jumps

**Ee:** 2 hops

**Ii:** turn around

**Oo:** 3 claps

**Uu:** crouch down and then jump up as high in the air as possible



## Round main or drain cover

These can appear on their own or in groups. For one on its own, hop five times on top of it with each leg. For clusters, hop from one circle to another touching all of them, then reverse and repeat on the other leg.



## Square main or drain cover

Keeping both feet together, jump from side-to-side over each cover three times



## Tarmac Tracks

Where darker tarmac tracks appear in pavements following repairs:

**Ninja Novice:** Run inside the tracks

**Ninja Intermediate:** Jump or run from side to side along the tracks as fast as you can

**Ninja Advanced:** Run three strides on one side of the track, then hop across for three strides on the other side, making your runs and hops as smooth and unbroken as you can



## Surface Textures: Dots or cobbles

Using high-knees and tip toes, try to touch every dot in a line as you cross the tiles or run of cobbles



## Surface Textures: Paved

**Ninja Novice:** walk without stepping on any cracks or joins

**Ninja Intermediate:** hop scotch along the paved surface

**Ninja Advanced:** hop scotch backwards along the paved surface



## Kerbs and Walls

**Where safe and appropriate to do so,** balance along kerbs and walls

## Benches

**Ninja Novice:** Hold the arm, back or seat of the bench to lean, can you keep your arms strong and your body straight? Try and hold for a slow count of three, or say 'Elephant' three times

**Ninja Intermediate:** Turn your back to the arm, back or seat of the bench and hold on to the edge with your hands then lower your body using your arms (bench dip). Try for five

**Ninja Advanced:** Use the arm, back or seat of the bench to push your legs up into the air into a handstand five times



## Trees

**Ninja Novice:** Give the tree and really big, tight hug

**Ninja Intermediate:** Do three press-ups against the tree

**Ninja Advanced:** Do ten press-ups against the tree



## Bins (including dog poo bins)

**Ninja Novice:** Hold hands and swing round in a circle

**Ninja Intermediate:** Jump 360 degrees in one movement

**Ninja Advanced:** Jump 180 degrees ten times, change direction if you start to get dizzy

