

NINJA KIDZ 1

Class Time:
45 minutes

3-5 Years Old

Physical Development

FLOOR:

- Forward rolls & safety rolls
- Straddle jumps over blocks
- Ninja vaults onto and over mats

TRAMPOLINE

- Straight Jump
- Tuck Jump
- Straddle Jump
- Safety Position
- Jump Turn
- Pike Jump
- Star Jump

BARS:

- Monkey swings across bar set
- Hanging tuck holds (knees to chest)
- Swinging side-to-side with control
- Chin-up hold progressions
- Knee raises to strengthen core

Climbing / Obstacles

- Cargo net or ladder climb ups
- Rope climb with knots for feet support
- Over-under obstacle challenges
- Climb over stacked mats ("mountain climb")

BEAM

- Beam walks forward, sideways, and backwards
- Freeze poses on balance markers
- Squat-walks and crouch steps across beam
- Small jumps off beams to land in safety position

Social Development

- Encourages teamwork and peer support by cheering and taking turns.
- Strengthens confidence by overcoming age-appropriate challenges.
- Promotes listening, following rules, and respecting classmates and coaches.

Cognitive Development

- Improves focus and attention while learning obstacle sequences.
- Strengthens problem-solving through figuring out movement strategies.
- Builds memory and sequencing by repeating skills and combining patterns.

NEXT LEVEL:
NINJA KIDZ 2

KIDZ
GYM

