

RIDE THE FLYING HOVERBOARD IN SPACE



WHAT ARE WE WORKING? *BILATERAL COORDINATION!*

1

The ability to coordinate both sides of the body at the same time in a controlled, organized manner

RUN, RICOCHET ON ASTEROIDS TO FORWARD ROLL



**"FAST FEET, LOOK AT
YOUR BELLY!"**



CAT GRAB, SAFETY SLIDE DOWN THE SATELLITE



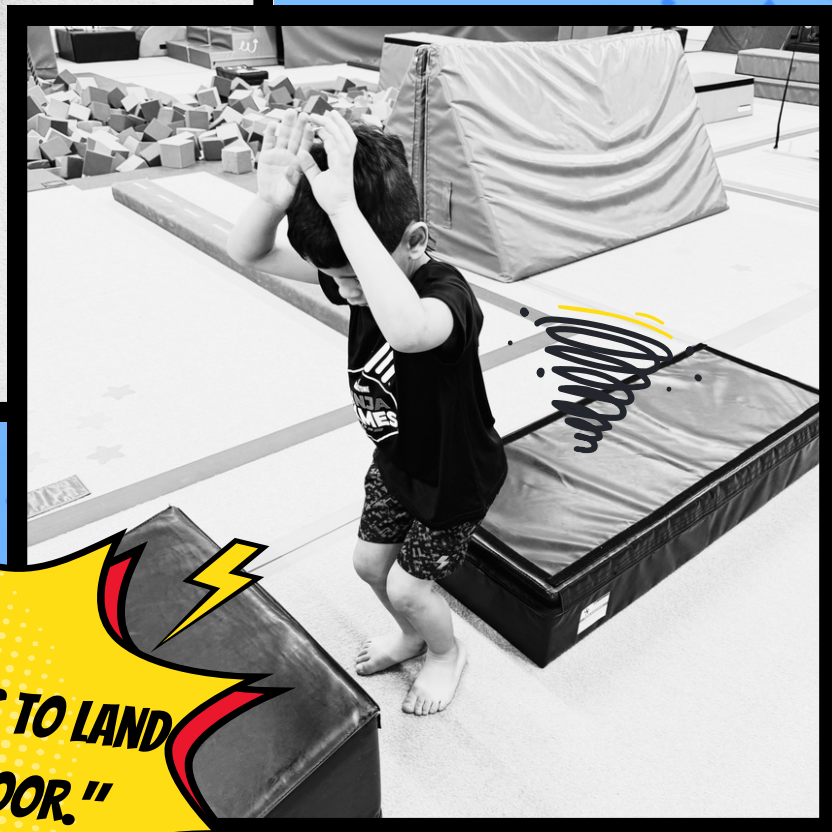
DONKEY KICK TO FORWARD ROLL



**"KICK KICK KICK,
LOOK AT YOUR BELLY!"**

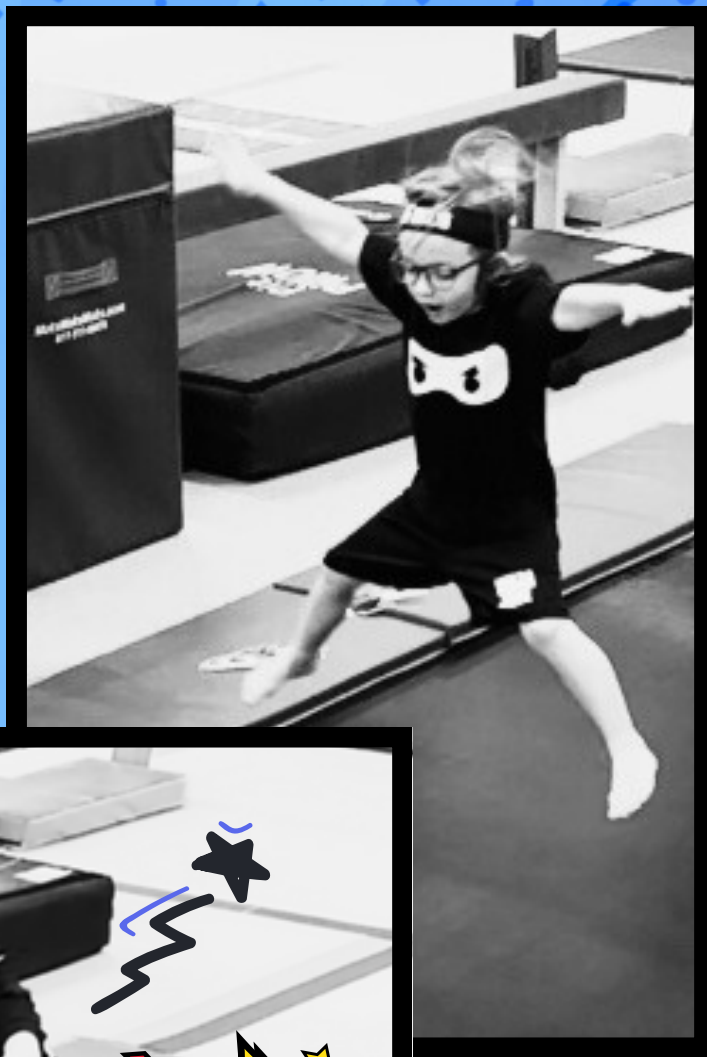
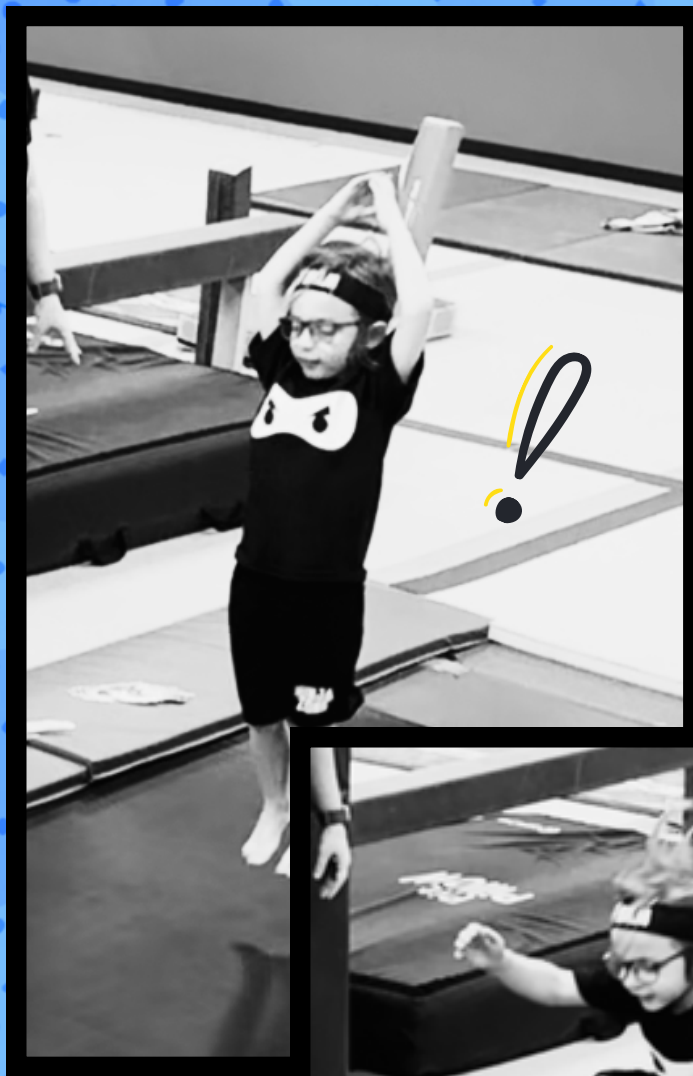


FORWARD ROLL, JUMP 180°, BACKWARD ROLL



"FORWARD ROLL NEEDS TO LAND
WITH FEET ON THE FLOOR."

ROCKET JUMP, STAR JUMP, ASTEROID JUMP



**WORK JUMPS
INDIVIDUALLY, THEN ADD
COMBOS**

SPIDER-MAN HANDSTAND

TOES IN OUTER SPACE



**WALK/JUMP/KICK YOUR
FEET UP AND SAY
"HELLO TOES!"**

MONKEY UP, PRECISION JUMP ACROSS SATELLITES



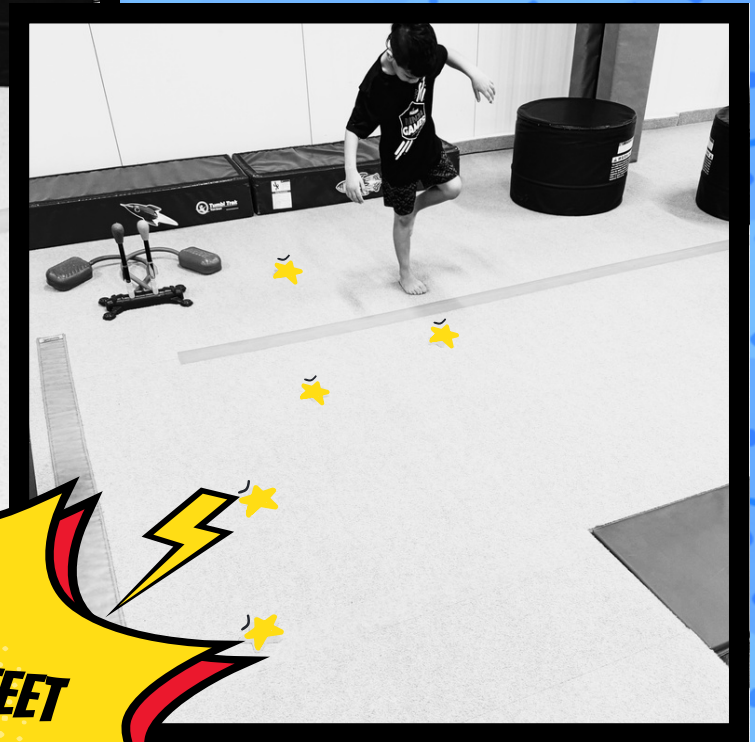
***PROGRESS FROM STEPPING
TO TWO FEET JUMPS***



WHAT ARE WE WORKING? SPACIAL AWARENESS

The ability to know where you are in relation to other people and objects in a given space.

FOLLOW THE PATH TO CREATE THE CONSTELLATION



**PROGRESS FROM TWO FEET
JUMPS TO ONE FOOT JUMPS**



SPIDER WALK SIDEWAYS, LAUNCH ROCKET WITH HAND

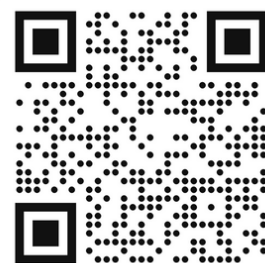


**"USE YOUR FEET, BOTTOM
IN THE AIR"
TIP: ONLY LAUNCH ROCKET
WITH HANDS**

PALM SPIN PROGRESSION OVER THE STAR



"BUTTERFLY HANDS"
**TIP: PUT YOUR FEET WHERE
YOU WANT THEM TO LAND**



TURN VAULT OVER THE STAR



**"HANDS TURNED SIDWAYS"
START TEACHING NINJAS TO LAND
BY LOOKING WHERE THEY START!**



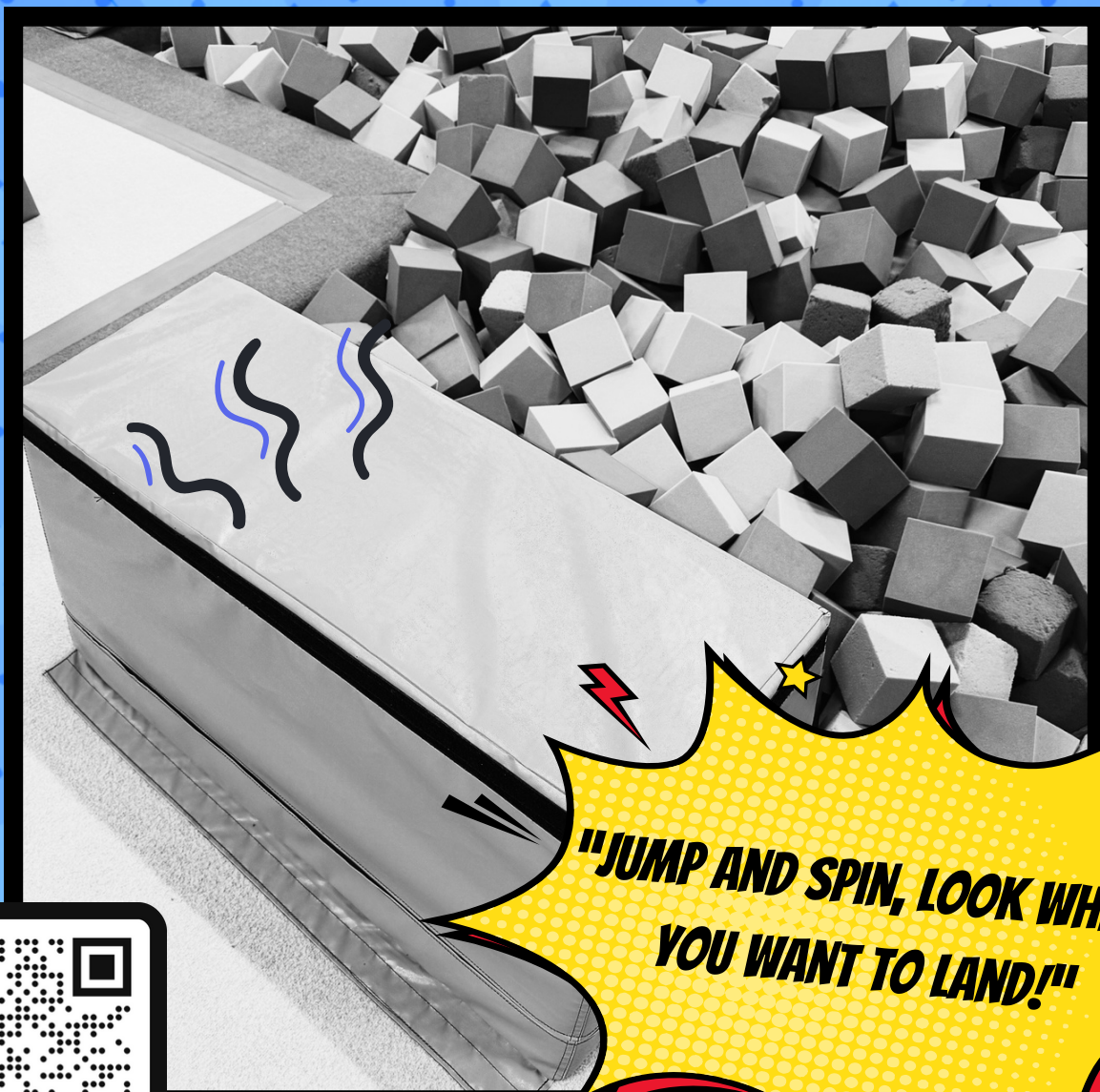
COMBO: TURN VAULT, MONKEY UP



**"HANDS TURNED SIDEWAYS,
JUMP OVER, JUMP UP TWO
HANDS TWO FEET"**



MONKEY UP, SPIN JUMP OFF THE MAT



WHAT ARE WE WORKING? ENHANCING VESTIBULAR STIMULATION

3

**Movement, gravity, and balance sense will
allow us to move smoothly!**

SPIN SPACESHIP IN A CIRCLE & MOVE STARS FROM ONE BUCKET TO ANOTHER



**"ARM PITS ON EDGE, WORK
GOING BOTH DIRECTIONS"**



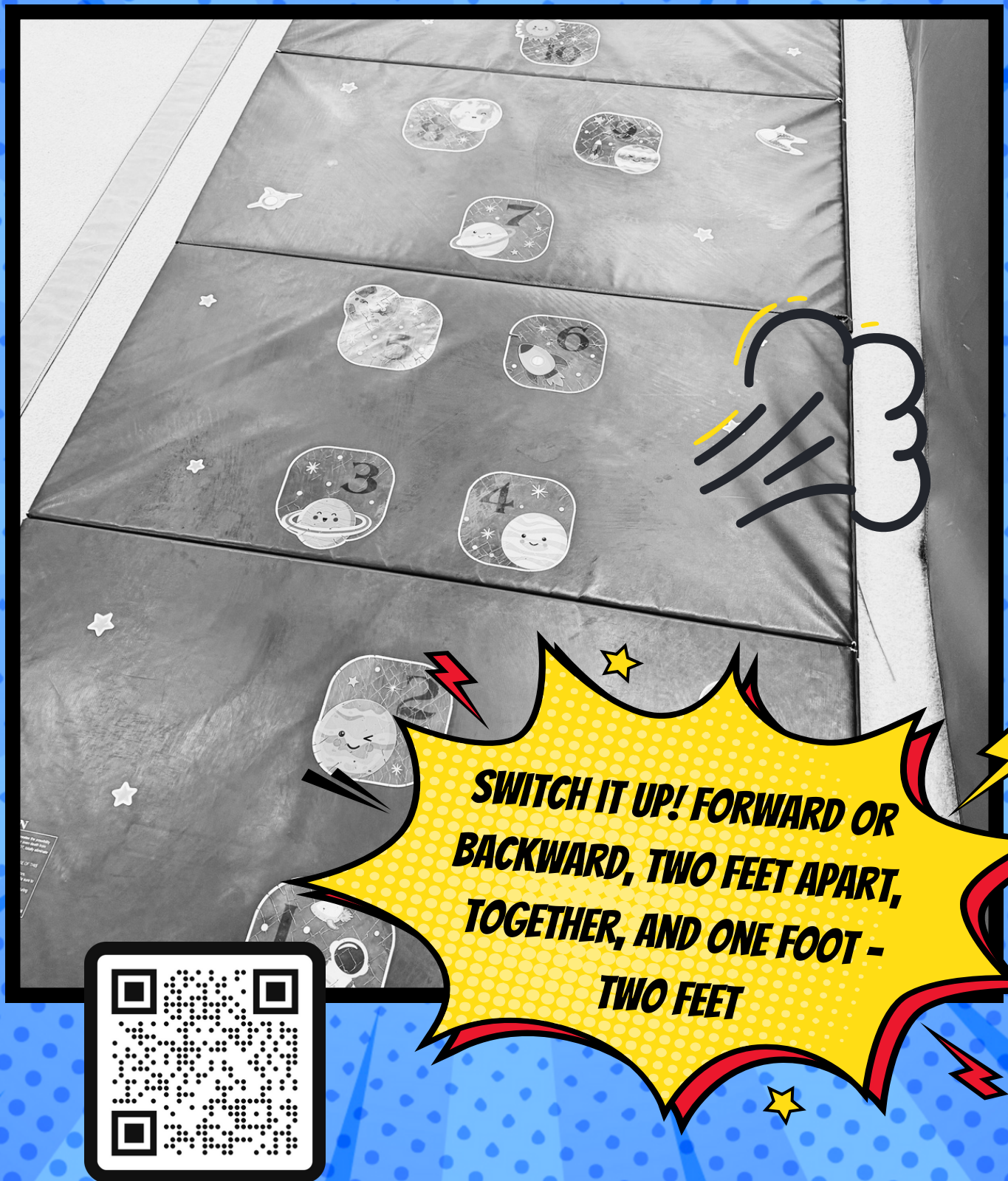
WARPED WALL RUN, CLIMB DOWN ROPE



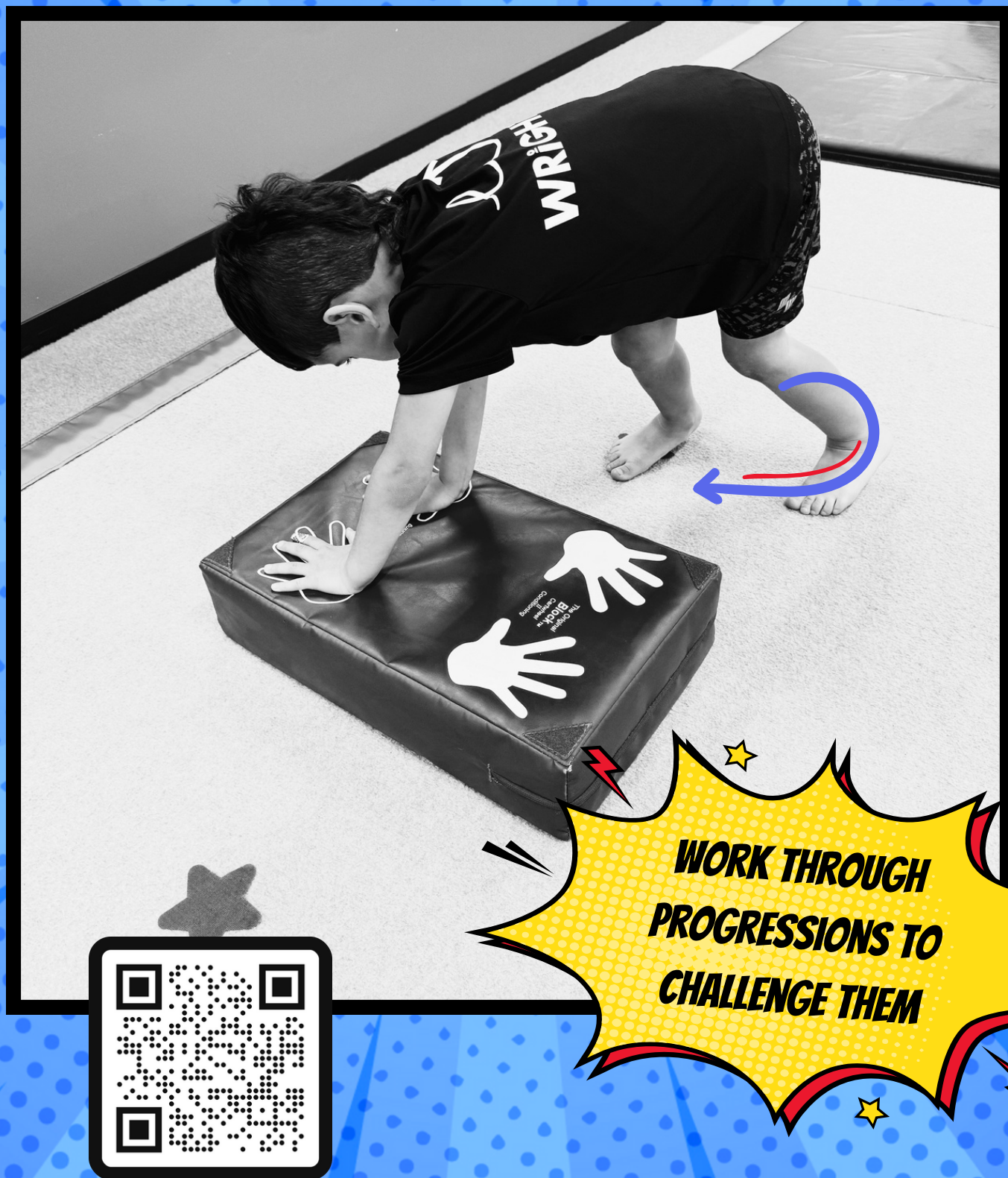
CLIMB THROUGH SATURN'S RINGS, ROLL DOWN THE MOON INCLINE



HOPSCOTCH



CART AROUND THE PLANET



**WORK THROUGH
PROGRESSIONS TO
CHALLENGE THEM**



FUN STATION - BUILDING ROCKETS!



**"BUILD ONE ROCKET WITH
NINJA FOCUS!"**

WHAT ARE WE WORKING? CONCENTRATION - NINJA FOCUS

4

The ability to focus on a given task. With all the movement and excitement in class, moments of independent concentration are super important!

ROCKET SHIP JUMPS TO FORWARD ROLL



**"REACH FOR THE STARS
(CEILING), LOOK AT YOUR
BELLY AND ROLL"**

