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| **Ninja Warrior Club Week 9 – Intelligence Week** | |
| **Session Objectives** – To use knowledge from around the world to assist with constructing an obstacle course. | |
| **Warm Up** – 10 Minutes  Crazy Taxi's. | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.  **Equipment** – Cones, hoops, small obstacle course equipment e.g. skipping ropes, bean bags, balls. | |
| **Main Activity** – 35 Minutes | |
| Equipment Relay Races- 10 mins  Arrange the children into teams and set out all the equipment at one end of the hall.  Simple races from one of the hall to the other. Once children reach one end of the hall they must pick up one piece of equipment and bring it back to their team.  Team Obstacle Course Building – 25 mins  Using the equipment that the teams have gathered in the first activity, it is now time for them to work together and create their very own obstacle course.  Make competitive, whilst walking around the room give points to each team for creative courses. These can be written down on a piece of paper and relayed to the children after.  Have children try out their own obstacle course, and then have the groups rotate around so everyone can try each others creations. | Coaching Points  Make sure teams are fair, this may take a few attempts but hopefully by week 9 you will have an idea as to what children work well together.  Only use equipment that can easily be transported across the room without causing injury e.g. no benches.  Assign each team larger equipment e.g. one bench each team.  Give each team an area of the hall or playground to create their course, walk around giving points for the best courses.  Give each team 10 / 15 minutes to build allowing enough time at the end for teams to rotate around and try out the other courses.  Assign a team captain, these will stay with their course and explain to the other rotating groups of children how to complete their course.  Make different sized groups to create bigger and better. |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you enjoyed today?  Award a certificate.  Dismiss children from designated area. | |