

BOXING

Stickers

TAG

Children who are catching wear one glove whilst kids who are being chased wear two. The children can block the catchers from hitting them by evading with footwork or the gloves (only to tag below shoulders)

NINJA

- All the players stand with their hands together, facing the center of the circle.
- Everyone says, “3, 2, 1, NINJA!” and then freezes in a cool ninja pose. (This is the favorite part!)
- Each player takes a turn doing a ninja move. Turns move around the circle, just like any other game.
- The object of the game is to get the other players “out,” one limb at a time.
- When it’s your turn, you get one move. You can karate chop another player’s arm below the elbow, or kick their ankle or foot. You can try to get any player out – it does not need to be the person next to you. You can take a step as part of your move, but only one step. For example, you can step forward or backwards and do a karate chop with your arm. The player being attacked can dodge your ninja move. If you successfully karate chop their arm below the elbow or their foot/ankle, then that limb is out!
- A player is out of the game when both of their arms and both of their legs are out.
- The winner is the last ninja standing!

MOVEMENTS

Shadow Boxing:

- Straight Jab
- Hook
- Cross
- Ducking & weaving

Sparring with a partner, one holding pads shouting combination punches