

# ULTIMATE NINJA

(5 minutes)

**WHY:** To get the students up and moving and energise them.

## **HOW:**

### **How to complete:**

- Mention to the group that they are going to play an activity called 'Ultimate Ninja' where the aim is to be the last ninja standing.
- Mention that in a short moment they will form circles of four (4) players. These circles can join as they pick it up. Once they are in their circles they will need to select a 'counter' to count backwards from three (3) down to one (1).
- Once the number one (1) is announced by the counter, everyone in the group will need to strike a ninja pose (sound effects welcome) and hold that position.
- The counter then starts the elimination process by attempting to touch the hands (wrists don't count) of a person on either side of them. The counter, and any person hereafter, can only attempt to touch another player in one move and they then need to freeze immediately after that move.
- The player being challenged can make one movement to avoid being touched. If they get touched then they are eliminated and need to leave the circle and join another circle with others who have been eliminated and continue playing Ultimate Ninja.
- If the challenged player avoids being touched they are safe to keep playing. The player on the left of the counter then has the chance to eliminate a person.
- At this point demonstrate with volunteers what Ultimate Ninja looks like.
- Summarize the following rules to the students:
- You can only move any part of your body either when it is your turn, or someone is directly going for your hands.
- When you move, it has to be as one motion, not a jump then swing for instance (demonstrate).
- You need to freeze after every movement.
- If you move when it's not your turn, or make more than one movement, or move your hands accidentally, you are eliminated and need to exit the circle.
- Send the students off to get into their circles and to elect someone to count 3, 2, 1.
- Ask them to wait for the whistle and then commence Ultimate Ninja.

## **WHEN:**

- This activity is a great way to finish a session or create energy if people are tired.