



Rosanna Castro  
Daniel Tong  
Camille Sangalang  
Kevin Luong

### **Description:**

The four **Teenage Mutant Ninja Turtles** have decided to share their abilities and knowledge as superheroes to create a **Canadian Ninja Warrior** obstacle course which uses the turtle's everyday moves to defeat bad guys. The turtle's goal is to help students develop fundamental movement patterns while demonstrating a safe environment. The obstacle course will be demonstrated and ran for 25 minutes which gives the opportunity for all participants to learn and attempt all the assigned task in each section of the obstacle course multiple times. Our obstacle course has covered every fundamental movement pattern which includes, static holds, landings, locomotions, swings, springs, and object manipulation. Because our class has a wide range of gymnastic backgrounds, we don't want to limit participants to our assigned tasks but rather be challenged by comfort. If a participant's finds a particular task to be too difficult or easy for their liking/comfort, they are allowed to modify the task with the equipment provided into something they are comfortable with.

### **General Safety:**

- Only one area of concern
- Unobstructed view of whole obstacle course
- No criss-crossing in the obstacle course
- Obstacle course has been spaced so that there shouldn't be any line ups forming
  
- Hair must be tied up
- Jewelry that gets in the way of doing certain movements should be removed
- The height set of any equipment used must not be higher than hair level
- No "show-offs" during the obstacle course which would distract other participants
- Runners or barefeet only

### **Obstacle Course Relay:**

Obstacle course relay - Have 4 teams starting at their own station. Stations start at each corner of the obstacle course. Each team will have one of their team members run through the obstacle course as fast as they can safety. Once one team member completes the circuit and returns to their starting point, they sit down and the next team member goes. The team who has all of their team members get through the obstacle course is the winner.

<b><u>Grade: 8/9 Coed</u></b>	<b><u>Fundamental Movement Pattern</u></b>  <i><b>Primary focus:</b></i> Landings, Rotations, and Locomotion  <i><b>Secondary focus:</b></i> Static holds, springs, and swing
<b><u>Equipment Required:</u></b> <ul style="list-style-type: none"> <li>• Two Benches</li> <li>• Three Large Accordion mats</li> <li>• Box Crash Mat</li> <li>• Decline Wedge Mat</li> <li>• Parallel bars</li> <li>• Three low box/cube mats no higher than approximately 30cm</li> <li>• Rig with Ladder Climb and Rings</li> <li>• Scatter Mats</li> </ul>	<b><u>Learning Outcomes</u></b> <ul style="list-style-type: none"> <li>• Demonstrate safety through each assigned task</li> <li>• Develop fundamental movement patterns through a variety of tasks</li> <li>• Enhance agility, balance, coordination, strength and flexibility through our caught activities</li> <li>• Build confidence through assigned tasks</li> <li>• Have fun!</li> </ul>

Activities	Safety Concerns
<b><u>Headstand/Handstand</u></b>  Fundamental Movement Pattern: Static Hold  <b><u>Straight body Handstand</u></b>  <b>Easy:</b> Use the wall for assistance. (Stand with the back against the wall, bend down and place the hands on the ground. From this position walk the feet up the wall until the body is in straight position to the wall. Hold for 3 seconds)	<ul style="list-style-type: none"> <li>• If using the wall for assistance, belly to the wall</li> <li>• Injury potential in wrist from weight support</li> <li>• Potential for falls if the person push the feet too hard off the ground</li> <li>• Be aware of sliding mats and ensure cushion available for heads.</li> <li>• Ensure there is a big mat available if the person fall in any direction</li> </ul>

**Difficult:** Straight body headstand without the assistance of the wall.

(begin with hunched over with the hands on the ground, and the legs in a forward lunge position. Then swing the back leg upward while pushing off the ground with other legs, bring both legs together vertical position, keeping it straight and hold the handstand as long as possible.)

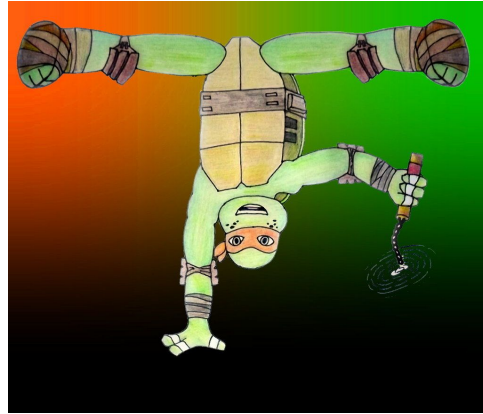
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### **Headstand**

Fundamental Movement Pattern: Static Hold

**Easy:** Have your base of support resemble a tripod with the head being one point of contact and your hands be the other two points of contact. Use an elbow balance first where your knees are in contact with your elbows. This creates a lower center of mass and a larger base of support.

**Difficult:** Continuing with the tripod base of support and the elbow balance, slowly extend your knees off of your elbows and extend your trunk into a vertical position. The straighter the body the easier it will be to hold the static position.



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### ***Safety Concerns for Headstand***

- If using the wall for assistance, belly to the wall
- The head's point of contact with the floor should be the top of your head, not the forehead.
- Ensure there is a big mat available if the person fall in any direction



## **Cartwheels**

Fundamental Movement Pattern: Landing, Spring, and Rotation

**Easy:** From standing position, arms straight up and legs in front of other, reach forward while at the same time swinging the back leg straight up and over the head followed by the other leg. Legs should stay split open while going over the head and land on the other side. Use both two hands for support

**Difficulty:** Cartwheel using only one hand only.

### *Safety Concerns for Cartwheels*

- Inappropriate landing can cause twisting ankles
- Slipping off the floor
- If mat is use, mat may slide and can cause falling over
- Pushing feet off ground is ineffective and incorrect timing can result imbalance
- Arm bent will unable to support the weight of the body can result fail attempt
- Draw a line on mat or floor for guidance of direction



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## **Low Box Activities**

### **Squat and Straddle over a low box top**

Fundamental Movement Pattern: Landing and Spring

**Easy:** From a tuck position, hands on the top box, and jump over the box top, landing on the other side.

**Difficulty:** jump over the box top landing on the other side without using the hands as a support.

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### *Safety Concerns for Squat and Straddle over a low box top*

- Unable to support the weight of the body can result falling over
- Incorrect timing of pushing off the feet from the ground can cause imbalance and falling over
- The box mat may slide can cause potential falling over
- Utilize chalk to draw hands on top of the box to indicate the position of hands before jumping.



### **Two Foot Jumps Over**

Fundamental Movement Pattern: Landing, and Spring

From standing position with the arm by the sides, bend the knees and jump over the box. The person must jump over the box four times. Twice in landing motorcycle position and twice in airplane position. Upon landing on the first and second trial the person must land in motorcycle position. During the third and fourth trial the person must change the position to airplane position.

### **Inclined Wedge Mat**

#### **Prone fall**

Fundamental Movement Pattern: Landing

From standing position with the arms directly in front, fall forward and reach towards the ground (mat). The fingers should contact the ground first.

#### ***Safety Concerns for Two Foot Jump Over***

- Incorrect timing from the jump can cause falling over
- Height - use appropriate height of the box
- Landing - soft landing and absorption of force
- Landing inappropriately may cause injury in ankles
- Complete task from standing, avoid running over and jumping over

#### ***Safety Concerns Prone Fall***

- Absorb the fall by bending the elbows on the way down.
- Keep the body straight through the fall, do not arch the body
- Check the mat for stability, and ensure they are appropriate position before attempting

### **Sideway Shoulder Roll**

Fundamental Movement Pattern: Landing, Rotation and locomotion

From a turtle support position at the top of an inclined surface or mat with head tucked, roll sideway down the inclined while maintaining the turtle position.

**Easy:** Try it on the flat surface first

**Difficulty:** Try it on the incline wedge ramp

Note: For other attempt, the person can do forward shoulder roll down an inclined surface

### **Bench**

#### **Walking on tip toes**

Fundamental Movement Pattern: Locomotion

Have each person walk on their tippy toes across the bench. Use arms to help balance.

Upon landing the students must land in motorcycle or airplane position

#### **Walking Backwards**

Have each person walk backwards across the bench. Use arms to help balance. Upon landing the students must do a 180 degree turn and land in motorcycle or airplane position

#### ***Safety Concerns for Sideway Shoulder roll***

- Need mat around the wedge mat for safety for potential falling over
- Ensure the mat are stable and not sliding
- Keep the turtle position to avoid injury

#### ***Safety concern for walking on tip toes and walking backwards***

- Check the stability of bench
- Ensure there is enough mats around the bench for potential falling over
- Height - ensure that bench is appropriate height for student





### **Cross Support**

Fundamental Movement Pattern: Static Hold and Object Manipulation

With hands on the bar and thumbs wrapped around the bar, jump up into the support position and try to hold it as long as possible with a straight body

### **Cross Support Walk**

Fundamental Movement Pattern: Locomotion and Object Manipulation

With hands on the bar and thumbs wrapped around the bar, jump up into the support position and try to walk the hands forward along the bars.

### **Cross support swing with front dismount**

Fundamental Movement Pattern: Swing, Landing, and Object Manipulation

With hands on the bar and thumbs wrapped around the bar while in support position, swing legs back and forth while keeping the head up high. At the front of the swing, release both hands and land in either airplane or motorcycle position.

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### **Mats Activities**

### **Forward Shoulder Roll**

Fundamental Movement Pattern: Rotation and Locomotion

In a low squat position kneeling down place arm straight out in front of the body with

### ***Safety concern for parallel bars***

- One participant on the parallel bars at a time
- Ensure that bar are adjusted and at appropriate height. Ensure that teacher are to adjust and not students
- Place mat below the bar and across the feet apparatus
- Place mat under the parallel bar to prevent sliding
- The bar must be set lower than the armpits of the shortest child in class
- Ensure soft landing when coming off from parallel bars
- Knees should be aligned with your toes when landing from the cross support swing



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### ***Safety Concerns for Forward Shoulder roll***

- Making sure no objects are in the way
- Having a spotter to help with carrying the weight off of the person's head and shoulder

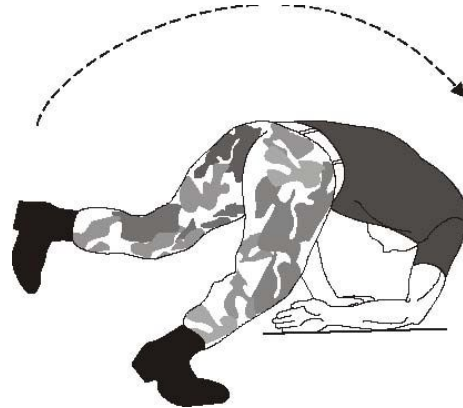


hands turned so that fingertips are touching. Turn your arms in a 45 degree either right or left and tuck your chin into your chest. While reaching forwards towards the ground with your hands as close as possible to your feet. Next extend the legs so that you lift up and over the heads and hands

Easy: doing the forward shoulder roll on a flat surface to get the movement

Difficult: Doing a forward shoulder roll down a decline mat or over a bench

- Avoiding the risk of shoulder injury with improper techniques
- Making sure there head are tuck into their chest so that you avoid neck injury
- Risk of injuring back



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### **Shoulder Balance**

Fundamental Movement Pattern: Static Hold

In a lying position on the back with your knees tucked up towards your chest lift the hips as high off the ground and place the hands behind your back. Using the arm as a support to help lift your seat higher. Once the hips are lifted straighten out the legs and try to hold the body straight.

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### ***Safety Concerns for Shoulder Balance***

- Provide support for your back by having a spotter
- Avoid the risk of back injury
- Neck Support
- Thumbs to the bum support

**Easy:** Doing it against the wall to help with keeping balance

**Difficult:** Moving away from the wall and doing it on a flat surface like a pads to help with supporting the landing

### **Backward Shoulder Roll**

Fundamental Movement Pattern: Rotation and Locomotion

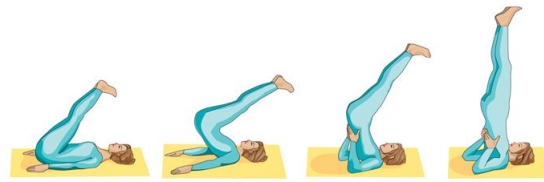
From a tuck or a squat position, arms beside the seat and fingers pointing forwards, “thumbs to the bum”, tilt head to one side completely and begin to roll backwards slowly. Then bring your knees over to the opposite side of the head tilted while the arms are directly out to the side of body. Roll over onto your shoulder while extending arm and continue to rotate until you are back around on your knees or feet.

**Easy:** Trying to do a backwards shoulder roll on a flat surface

**Difficulty:** Doing a backwards shoulder roll on an incline surface

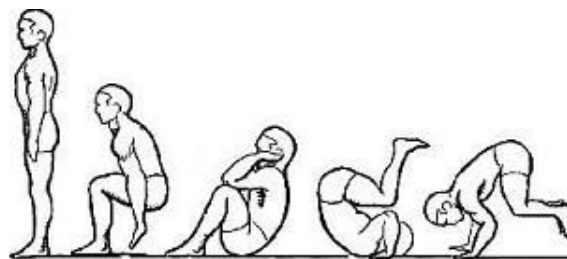
### **Wall Climb**

Fundamental Movement Pattern: Locomotion and Object Manipulation



#### *Safety Concerns for Backwards Shoulder roll*

- Making Sure a coach or a teacher is supporting the person doing the back shoulder roll
- Avoiding the risk of neck or shoulder injury by rolling on your shoulder rather than your head
- Inexperience gymnast can risk of injuring their back with improper techniques
- Making sure there a spotter to help keeping the weight off the gymnast neck or head



#### *Safety Concerns for Wall Climbing Ladders:*

- Make sure to look where you are stepping so that your foot does not fall through the empty space

Step onto the ladder with your left or right foot and with the opposite hand reach up to hold onto a bar. Next step is to step onto another bar with the opposite foot from the one you started with. And again, with the opposite hand, reach on to a bar. Repeat movements until you slowly move up from the ladder.

### **Backwards Break Fall**

Fundamental Movement Pattern: Landing

Before landing on your back onto a mat, break your fall by slamming both your arms/hands on the mat as if to flatten a piece of pancake

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### **Rings \*AREA OF CONCERN**

#### **L Sit**

Fundamental Movement Pattern: Static Hold, Swings, and Object Manipulation

**Easy:** Starting in a hang, with your legs straight, make a line as if to make a 90 degree corner with your body. (L shape)

**Difficult:** Using upper body strength, mount yourself up onto the rings and stay in a stationary upright position. And with your legs, make a straight line as if to make a 90 degree corner/angle with your body. (L shape)

- Some may be scared of climbing heights (don't look back or behind you)
- Ensure that hands have grip to grasp onto the bar

#### *Safety Concerns for Backwards Break Fall*

- Thumbs to bum
- Height should be appropriate from falling off

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#### *Safety Concerns with the Rings*

- Person may not have enough upper body strength to keep their body upright on the rings
- Rings may get unstable and can sway a lot if not enough strength is used
- Person may not be able to bring legs up into a pike position
- Core strength is very important



### **Skin the Cat**

Fundamental Movement Pattern: Static Hold, Swings, Rotations and Object Manipulation

Starting in a hang and keeping your arms and legs straight, lift your toes up and back overhead, through a piked inverted hang. Then, continue to lower your toes slowly toward the floor behind you. This hanging position is called a skin the cat. From here, you reverse the movement and bring your legs and toes back into starting hanging position.

- Soft mats should be used under the rings to provide safety in case of a fall

