KIDS Ninja Warrior

4Mile Farm & Outdoor Physiotherapy

Little Ninja Warrior is a themed group-based exercise program suitable for children aged 8-12 years old. It is modelled to make exercise fun while threading in personalise physiotherapy intervention. The range of activities have been designed to include gross motor, fine motor and biomechanical conditioning in a neuro affirming approach for children that are neuro diverse. Each activity can be scale, modified and adjusted to suit each individual's goals.

The group base activity allows the children to develop healthy social engagement, communication and community integration skills.

The activity outline includes:

ACTIVITY	SCALE	EQUIPMENT
Golf ball archery	The draw weight is adjustment.	Bows, weighted arrows, adapted bow, bounce balls, target
Balance beams up & downs	Adjust height Adjust width	5m up and down – 30cm apex point
Rope maze	2 maize options	Rope. Tie points along 3m corridor
Bungee runs	Adjustable bungee resistance. Varied target points.	Anchor point. Bungee and waist band. Cones.
Hoop jumps	Facilitate on assessed capacity.	Jump hoops.
Cone weave runs	Facilitate speed and direction preferences on assessed capacity.	Cones. 10m zone.
Hurdles jumps (20cm)	Facilitate on assessed capacity.	12 cones 6 hurdles
Basket target throws	Adjust distance Adjust weight	Nets Varied weights
Bear crawls	Facilitate on assessed capacity.	Rubber mats

Backward rope walks	Facilitate on assessed capacity.	Rope 15m. 10m zone
Giant maze ball	Various maze options	Mazes 1mx1m
Floor is larva stepping stones	Facilitate on assessed capacity.	Stepping stones Balance discs Foam beams/blocks
Shifting balance beams (6m)	Facilitate on assessed capacity.	Balance beams x6
Side hang shimmy	Facilitate on assessed capacity.	Pullup bar / battle rope
Wheel borrow runs	Facilitate on assessed capacity and weight resistance	Wheelbarrow Weights
Geo cache & riddle	Scaled to cognition	Caches. Printed maps. Riddles.
Nature time with animals & community garden	Child led activity	