



## MONDAY



**EDUCATIONAL FOCUS:**  
ART & HISTORY

# NINJA KIDS CAMP

7:30-8:00 A.M.	CHECK-IN, BREAKFAST & QUIET TIME (MOVIE, DRAWING, COLORING AND BLOCKS)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:20 A.M.	OUTDOOR PLAY (TETHERBALL, KICKBALL AND SOCCER)
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	LUNCH
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (COLORING CONTEST)
1:35-2:00 P.M.	NINJA TRAINING
2:05-2:30 P.M.	PIPE CLEANER NINJA
2:35-3:00 P.M.	HISTORY OF A NINJA
3:05-3:30 P.M.	NINJA COURSE
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)

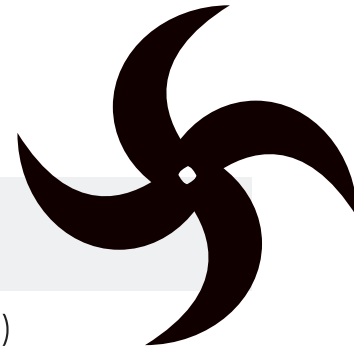


## TUESDAY

### EDUCATIONAL FOCUS:

P.E. & MOTOR SKILLS

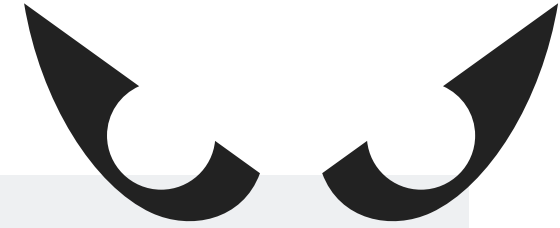
# NINJA KIDS CAMP



7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, STORY WRITING & BLOCKS)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:20 A.M.	OUTDOOR PLAY (LADDER GOLF, SOCCER, OUTDOOR BOWLING)
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	LUNCH
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (MOVIE, BOOKS & CARDS)
1:35-2:00 P.M.	NINJA OBSTACLE COURSE
2:05-2:30 P.M.	WHOLE GYM FLOOR IS LAVA
2:35-3:00 P.M.	TOILET PAPER NINJA
3:05-3:30 P.M.	
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)



# WEDNESDAY



**EDUCATIONAL FOCUS:**  
ART & MATH

# NINJA KIDS CAMP

7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, DRAWING ANIMALS, GAMES)	
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN	
8:10-10:20 A.M.	OUTDOOR PLAY (TETHERBALL, SWINGS, SOCCER)	
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS	
10:30-11:00 A.M.	MORNING SNACK	
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES	
11:50-12:00 P.M.	WASH HANDS	
12:00-12:45 P.M.	LUNCH	
12:45-1:00 P.M.	BATHROOM/WATER REFILL	
1:00-1:30 P.M.	QUIET TIME (MOVIE, BOOKS & CARDS)	
1:35-2:00 P.M.	NINJA SKILL TRAINING W/ OUR NINJA COACHES	KARATE
2:05-2:30 P.M.		
2:35-3:00 P.M.	KARATE	NINJA SKILL TRAINING
3:05-3:30 P.M.		
3:30-4 P.M.	SNACK	
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)	



## THURSDAY

EDUCATIONAL FOCUS:  
MUSIC

# NINJA KIDS CAMP

7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, GAMES & JOURNALING)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:20 A.M.	OUTDOOR PLAY
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	LUNCH
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (MOVIES, BOOKS & CARDS)
1:35-2:00 P.M.	OUTSIDE SOCCER
2:05-2:30 P.M.	
2:35-3:00 P.M.	BALLOON VOLLEY BALL
3:05-3:30 P.M.	LASER TAG
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)



# FRIDAY



**EDUCATIONAL FOCUS:**  
TEAMWORK & LEADERSHIP

# NINJA KIDS CAMP

7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, CARDS, OCEAN ANIMAL CREATION)	
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN	
8:10-10:20 A.M.	OUTDOOR PLAY (LADDER GOLF, OUTDOOR BOWLING, TETHERBALL)	
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS	
10:30-11:00 A.M.	MORNING SNACK	
11:00-11:50 A.M.	INDOOR PLAY (INCLUDING BOOTCAMP OBSTACLE COURSE)	
11:50-12:00 P.M.	WASH HANDS	
12:00-12:45 P.M.	LUNCH	
12:45-1:00 P.M.	BATHROOM/WATER REFILL	
1:00-1:30 P.M.	QUIET TIME (INDEPENDENT READING, STORY TIME, WRITING & DRAWING)	
1:35-2:00 P.M.	NERF WARS	NERF WARS
2:05-2:30 P.M.	CHAPSTICK RELAYS	NINJA GAMES
2:35-3:00 P.M.	NINJA GAMES	NINJA COURSE
3:05-3:30 P.M.	NINJA COURSE	CHOPSTICK RELAYS
3:30-4 P.M.	SNACK	
4:00-6:00 P.M.	QUIET TIME (MOVIE, BOARD GAMES, CARDS, COLORING)	



# NINJA KIDS CAMP

THEMED MOVIES	THEMED BOOKS	CHALLENGE ACTIVITIES
ROBIN HOOD	<u>NINJA KID SERIES</u>	HAVE CAMPERS BUILD
KUNG FU PANDA		THEIR OWN NINJA COURSES
NIGHT AT THE MUSEUM		FOR THEM TO BE TIMED
THE SPY NEXT DOOR		GOING THROUGH.
3 NINJAS		
THE LAST AIRBENDER		
TMNT		
KARATE KID	<b>NINJA KIDS CAMP</b>	

HAVE FUN! NINJA CAMP IS ALWAYS A BLAST WITH EVERYTHING CAMPERS CAN DO. THEY CAN CREATE KILLER NINJA COURSES, LEARN NEW TRICKS, WORK ON BEING STEALTH AND SO MUCH MORE! THIS CAN BE A GUIDE FOR YOUR WEEK, BUT IT'S DEFINITELY NOT THE LIMIT OF WHAT ALL YOU CAN DO!

# NINJA GAMES:

**NINJA TORNADO:** THE KIDS DIVIDE INTO FOUR TEAMS WITH TWO ROLLS OF STREAMERS EACH. THEY PICK ONE MEMBER FROM EACH TEAM TO GET WRAPPED UP IN THE "TORNADO" FIRST TEAM TO GET ALL FOUR ROLLS WRAPPED AROUND THEIR TEAMMATE WINS!

**NINJA LIMBO:** USING A POOL NOODLE, START WITH IT LOW/ CLOSE TO THE TUMBLE TRACK. ATHLETES LINE UP AND RUN AND TRY TO JUMP OVER THE NOODLE. AFTER EACH ATHLETE GOES, RAISE THE NOODLES UP. THE LAST PERSON WHO CAN JUMP OVER THE NOODLE WITHOUT TOUCHING IT WINS!

**HOT LAVA:** USING A VARIETY OF MATS IN A CIRCLE SHAPE, ATHLETES JUMP FROM MAT TO MAT WHILE MUSIC PLAYS. STOP THE MUSIC. ANY ATHLETE TOUCHING THE FLOOR (LAVA) IS OUT AND SITS IN THE MIDDLE UNTIL ONLY ONE ATHLETE IS REMAINING.

**HIDDEN NINJAS:** 25 LITTLE NINJAS ARE HIDDEN ALL OVER THE GYM. LET'S FIND THEM! THE CHILD TO FIND THE MOST LITTLE NINJAS WINS.

**SHOOTING STARS:** DIVIDE ATHLETES IN FOUR GROUPS. GIVE EACH GROUP FIVE STARS. PLACE A BUCKET 10 -20 FT AWAY. EACH PLAYER THROWS THEIR STAR, TRYING TO GET IT IN THEIR TEAM BUCKETS. THE FIRST TEAM TO GET ALL THE STARS IN THEIR TEAM'S BUCKET WINS.

**KEEP IT UP:** USING THE FOAM SWORDS, ATHLETES HAVE TO KEEP THEIR BALLOON IN THE AIR . EACH CHILD WILL NEED A BALLOON AND A FOAM SWORD OR POOL NOODLE. WHEN THE COACH SAYS, "GO!" THE CHILDREN ARE TO PUT THE BALLOON IN THE AIR AND KEEP IT OFF THE FLOOR USING THE NINJA SWORD.

**MOVE LIKE MASTER:** THIS IS THE NINJA VERSION OF SIMON SAYS. THIS GAME WILL REQUIRE A GOOD EAR. STAFF WILL BE THE MASTER. THE MASTER WILL STAND IN FRONT OF THE GROUP AND MAKE DIFFERENT NINJA STANCES. THEY WILL SAY "MOVES LIKE NINJA MASTER" AND CHANGE STANCE. OCCASIONALLY, FORGETTING TO SAY NINJA. ANYONE WHO CHANGES STANCE WHEN NINJA IS NOT SAID IS OUT. LAST ONE REMAINING IS THE MASTER NINJA.

**CHOPSTICK RELAY:** HAVE THE CHILDREN PAIR UP WITH A PARTNER. GIVE EACH PAIR A SMALL MARSHMALLOW AND A PAIR OF CHOPSTICKS. THE PURPOSE OF THE GAME IS TO WORK TOGETHER. EACH CHILD WILL HOLD ONE CHOPSTICK AND WORK TOGETHER TO PICK UP THE MARSHMALLOW AND TAKE IT ACROSS THE FLOOR OR YARD AND BACK WITHOUT DROPPING IT. THIS GAME REQUIRES A LOT OF PATIENCE AND TEAMWORK.

**STEALTH NINJA:** THIS IS A FORM OF NINJA HIDE AND GO SEEK. ONE PERSON IS A NINJA AND OTHERS HAVE TO HIDE AND BE STEALTHY, ONCE FOUND THEY ARE NINJAS TOO ... UNTIL EVERYONE IS A NINJA.

**NINJA TAG:** ONE NINJA WILL GET BLINDFOLDED. HE OR SHE WILL HAVE TO USE THEIR HEIGHTENED SENSES TO TAG THE OTHER NINJAS. THE OTHERS CAN MOVE, BUT MUST STAY WITHIN CERTAIN PARAMETERS.

**TUG OF WAR:** DIVIDE YOUR NINJAS INTO TWO TEAMS. PLACE A BANDANA ON A LARGE ROPE. HAVE EACH TEAM GRAB ONE HALF OF THE ROPE AND COUNT DOWN. ON 1, THEY BEGIN PULLING. ONCE THE BANDANA HAS BEEN PULLED BEYOND A CERTAIN PARAMETER, A TEAM HAS WON.

**FREEZE TAG:** DESIGNATE ONE ATHLETE TO BE THE

**HEAD NINJA.** WHEN HE OR SHE TAGS ANOTHER ATHLETE, THEY BECOME FROZEN. THE HEAD NINJA WILL CONTINUE TAGGING ATHLETES UNTIL ONLY ONE PERSON IS REMAINING. THAT PERSON BECOMES THE NEW

# NINJA GAMES:

## TRAFFIC LIGHTS

KIDS ARE IN CARS OR ON BUSES NEARLY EVERY DAY, AND THEY LIKE TO IMITATE ADULTS. TRAFFIC LIGHTS, A TRADITIONAL KIDS' WARM UP GAME TAKES ADVANTAGE OF THIS. IN THE SIMPLEST VERSION OF THE GAME, THE LEADER CALLS OUT "RED," "GREEN" OR "YELLOW." THE KIDS STOP, SLOW DOWN AND PROCEED NORMALLY WITH MOVEMENTS SUCH AS RUNNING OR SKIPPING BASED ON THE LEADER'S CALLS. THE LEADER ALSO CAN CALL OUT VARIATIONS SUCH AS "ENTERING ROUNDABOUT" (THE CHILD TURNS), "RAIN" (THE CHILD WAVES ARMS LIKE WINDSHIELD WASHERS) AND "REVERSE" (THE CHILD PERFORMS HIS MOVEMENT BACKWARDS).

## GERM TAG

GERM TAG IS A GAME FROM PECENTRAL.ORG IN WHICH KIDS HAVE TO AVOID GETTING "SICK." FOUR BALLS--TWO OF GREEN AND TWO OF RED--ARE NEEDED. RED REPRESENTS "GERMS." GREEN REPRESENTS "MEDICINE" THE LEADER HANDS THE COLORED BALLS OUT TO FOUR CHILDREN. THE REMAINING CHILDREN WALK, SKIP, JUMP OR RUN AROUND IN A MARKED-OFF SQUARE OF SPACE WHILE THE KIDS WITH THE "GERM" BALLS TRY TO CATCH THEM. IF A CHILD GETS TOUCHED BY A "GERM," THEY HAVE TO FLAIL ON THE GROUND TO SIGNAL FOR "MEDICINE." THE "DOCTORS" WITH THE RED BALLS THEN COME AND TAG THE KIDS ON THE GROUND TO GET THEM BACK IN PLAY. THE LEADER OF THE GAME SHOULD PAUSE THE GAME PERIODICALLY (ABOUT EVERY TWO MINUTES) TO GIVE OTHER KIDS A CHANCE TO HAVE THE GREEN AND RED BALLS. BECAUSE EACH GAME IS DESIGNED TO BE SHORT, ANY TYPE OF MOVEMENT MAY BE USED.

## SPIDERS AND SCORPIONS

DIVIDE THE GROUP OF CHILDREN IN HALF. HALF THE KIDS WILL CRAWL ON ALL FOURS WITH THEIR BACKS IN THE AIR. THEY ARE THE "SCORPIONS." THE OTHER HALF OF THE KIDS MOVE ON ALL FOURS WITH THEIR STOMACHS FACING THE CEILING. THEY ARE THE "SPIDERS." THE "SCORPIONS" CHASE THE "SPIDERS" AND TRY TO "STING" THEM BY TAGGING THEM. IF A "SPIDER" IS "STUNG," THEY HAVE TO LIE ON THE GROUND. PRIMARYRESROUCES.CO.UK SUGGESTS SPICING THE GAME UP BY HAVING ONE OR TWO "SPIDERS" WHO CAN PROVIDE AN "ANECDOTE." ANOTHER OPTION IS TO HAVE SOME KIDS BE "BIRDS," WHO CAN TAG THE "SCORPIONS," BUT WHO ARE SUSCEPTIBLE TO "SPIDER BITES."

## BEAN BAG SCRAMBLE

- DIVIDE THE CLASS INTO TWO TEAMS AND TELL THEM TO GO ON OPPOSITE SIDES OF THE FLOOR.
- PLACE AN ODD NUMBER OF BEAN BAGS (AT LEAST TWO PER CHILD) ON THE CENTER LINE (SPREAD OUT TO AVOID COLLISIONS). AT EACH END OF THE FLOOR PLACE A BOX OR BIN (AS THEIR GOAL).
- ON "GO" CHILDREN RUN TO THE CENTER, GRAB A BEAN BAG (ONLY ONE AT A TIME ALLOWED) AND TAKE IT BACK TO PUT IN THEIR TEAM'S BOX, RUN BACK AND DO IT AGAIN. ONCE ALL THE BEAN BAGS ARE IN GOALS THE CHILDREN COUNT HOW MANY THEY HAVE. THE TEAM WITH THE MOST BEAN BAGS WINS.
- YOU CAN MAKE THE GAME MORE CHALLENGING BY TELLING THE CHILDREN THAT THEY HAVE TO TOSS IT & CATCH IT ALL THE WAY BACK TO THEIR GOAL OR HAVE THEM SKIP, SLIDE, ETC.
- BALLS MAY BE USED TO DEVELOP SKILLS SUCH AS DRIBBLING, OR PASSING (EACH CHILD WOULD HAVE A PARTNER). REPEAT TO GIVE THE OTHER TEAM A CHANCE TO WIN.



# NINJA GAMES:

## BUMPER CARS

• EXPECTATIONS: TRAVEL IN A VARIETY OF WAYS (E.G. RUN, WALK, LEAP) IN DIFFERENT DIRECTIONS IN RESPONSE TO SIGNALS (E.G. STOP OR GO SIGNALS)  
EQUIPMENT NEEDED: HULA HOOPS AND FLOOR SPACE. • GAME INSTRUCTIONS: EXPLAIN WHAT PERSONAL SPACE IS AND HOW YOU USE IT. GIVE EACH STUDENT A HULA HOOP AND HAVE THEM HOLD IT AT WAIST LEVEL. EXPLAIN THAT THIS IS THEIR PERSONAL SPACE CAR AND THEY SHOULD NOT TOUCH ANY OTHER STUDENT'S CAR. GIVE THEM WORD DIRECTIONS E.G.: STOP & GO, STAND UP & SIT DOWN. • HAVE THE STUDENTS RUN FROM ONE END OF THE FLOOR TO THE OTHER. AFTER, GIVE THEM SOME DIRECTIONS WHILE THEY ARE RUNNING, LET THEM RUN FREELY AROUND THE GYM. YOU CAN ALSO MAKE IT AN ELIMINATION GAME E.G.: THE LAST ONE TO STOP OR SIT DOWN HAS TO SIT OUT UNTIL THERE IS ONLY ONE. YOU CAN USE DIFFERENT MOVEMENTS WITH THE HULA HOOP LIKE SKIPPING OR JUMPING AND SPINNING.

## PARACHUTE TAG

• CHILDREN LOVE PLAYING GAMES WITH COLORFUL PARACHUTES. DEVELOPING GROSS MOTOR SKILLS AND TEAMWORK ARE TWO BENEFITS OF PARACHUTE GAMES. THE CHILDREN STAND IN A CIRCLE, EACH HOLDING ONE PART OF A PARACHUTE. THEY RAISE THE PARACHUTE HIGH ABOVE THEIR HEADS TO CREATE A DOME. THE TEACHER CALLS ON ONE OF THE CHILDREN. THE GOAL IS FOR THAT CHILD TO RUN UNDER THE PARACHUTE AND COME OUT THE OTHER SIDE BEFORE THE OTHER CHILDREN LOWER THE PARACHUTE, TAGGING THE CHILD WITH IT. PARACHUTES CAN BE PURCHASED AT SPORTING GOOD STORES OR SOME TOY STORES. (IF YOU DO NOT ALREADY HAVE ONE AT YOUR GYM)

# NINJA HISTORY:

## HISTORY

NINJA (OR SHINOBI) WERE A MYSTERY IN THE HISTORY OF JAPAN. THE CORRECT JAPANESE WORD FOR THESE WARRIORS WAS SHINOBI-NO-MONO, WHICH LITERALLY MEANS "PEOPLE WHO SURVIVE/ENDURE". NINJA IS EASIER TO SAY; THIS IS WHY IT IS MORE WIDELY USED. SHINOBI-NO-MONO IS THE NATIVE JAPANESE WORD FOR NINJA, WHILE NINJA IS THE SINO-JAPANESE WORD. NINJA WARRIORS CREATED SECRET ASSOCIATIONS AND TOOK PART IN MANY POLITICAL KILLINGS. THEIR MYSTERY COMES FROM TWO IDEAS: 1) THEY ALWAYS PARTICIPATED IN SECRET SPY OPERATIONS AND POLITICAL KILLINGS; 2) NINJA WERE HIRED BY HEADS OF ARMIES AS PAID WARRIORS (MERCENARIES). THE ART OF FIGHTING WHICH WAS USED BY NINJA WAS CALLED NINJUTSU, WHICH WAS A COMBINATION OF SHINOBI-NO-JUTSU AND SHINOBI-JUTSU.

MANY PEOPLE THOUGH NINJA WERE NOT NORMAL PEOPLE. PEOPLE THOUGHT THEY COULD FLY AND HAD SUPERNATURAL SKILLS. NINJA EXISTED DURING THE ENTIRE HISTORY OF JAPAN, BUT NINJA ONLY BECAME SPECIALLY TRAINED PEOPLE AT THE BEGINNING OF THE 15TH CENTURY. THEY MAINLY TRAINED IN THE REGIONS OF IGA AND KOGA.

NINJA WERE INVOLVED IN SAMURAI WARS AND WERE HIRED BY SAMURAI FOR DIFFERENT MISSIONS, BUT AT THE SAME TIME SAMURAI DID NOT ACCEPT THEM AS NOBLE WARRIORS BECAUSE MOST OF THE NINJA CAME FROM LOWER SOCIAL CLASSES. THEY WERE DANGEROUS AND COULD NOT BE CONTROLLED. THEIR METHODS OF FIGHTING DID NOT FIT THE SAMURAI CODE. THE SAMURAI CODE WAS A CODE OF HONOR. FOR EXAMPLE, THE SAMURAI WARRIOR WOULD SHOW HIS RANK AND WOULD ONLY FIGHT A SAMURAI OF EQUAL OR HIGHER RANK. JAPANESE LAND LORDS (DAIMYO) WIDELY USED THE SERVICES OF THE IGA AND KOGA NINJA IN THE PERIOD OF 1485-1581. BUT IN 1581, ONE OF THE THREE DAIMYO WHO UNITED JAPAN - ODA NOBUNAGA ATTACKED NINJA FROM IGA PROVINCE. THE NINJA REMAINED ALIVE AND RAN TO THE PROVINCES KII AND MIKAWA, WHERE TOKUGAWA IEYASU PROTECTED THEM. LATER, ODA NOBUNAGA WAS KILLED BY A SAMURAI NAMED AKECHI MITSUhide, WHO LATER BECAME AN ENEMY TO TOKUGAWA IEYASU.

THE ART OF NINJA FIGHTING WAS PASSED DOWN FROM FATHER TO SON, OR FROM MASTER (SENSEI) TO THEIR BEST STUDENTS. BUT IN THE MIDDLE OF 17TH CENTURY, NAKAGAWA SOSUNTZIN CREATED A NINJA SCHOOL IN THE MUTSU PROVINCE. IT WAS CALLED NAKAGAWA-RYU AND TAUGHT THE NINJUTSU METHOD OF FIGHTING. NAKAGAWA SOSUNTZIN HIMSELF TRAINED A GROUP OF 10 MEN, WHICH HE CALLED HAYAMITI-NO-MONO (MEN OF THE SHORT HIT). NINJA WERE TAUGHT MANY MORE THINGS THAN A SAMURAI. THEY HAD TO BE SKILLED AT HANDLING SWORDS, SPEARS, BOWS AND MANY OTHER WEAPONS; BUT ALSO THEY HAD TO KNOW ABOUT EXPLOSIVE AND POISONOUS SUBSTANCES, TO BE A GOOD PATH FINDER AND TO SURVIVE IN DIFFERENT SITUATIONS. USUALLY THEY WERE TRAINED FROM YOUNG AGE AND HAD TO KEEP A VERY SPECIFIC PHYSICAL SHAPE. NINJA WERE NOT ALLOWED TO BE TOO LIGHT OR TOO HEAVY. A NINJA WHO COULD READ AND WRITE WAS VERY APPRECIATED.

## NINJA CLOTHING AND EQUIPMENT

IT TENDS TO BE THOUGHT THAT A NINJA USUALLY WORE BLACK CLOTHES WHICH HELPED HIM TO HIDE IN THE DARK, HOWEVER, THEY WORE DARK BLUE, RED, OR BROWN CLOTHES, WHICH ARE MORE QUIET THAN BLACK AT NIGHT. IN USUAL DAYS, A NINJA NEVER WORE SHOWY DRESS AND PRETENDED TO BE ANOTHER JOB, FOR EXAMPLE, A MERCHANT, A TRAVELING MONK, A MONKEY SHOWMAN AND SO ON. IF THEY HAD TO FIGHT ON THE BATTLEFIELD, THEY PUT ON A LIGHT ARMOR, WHICH PROTECTED THEM, BUT ALSO ALLOWED EASY MOVEMENT. ON THEIR FEET THEY WORE JAPANESE SOCKS WHICH SEPARATED THE BIG TOE (THE SOCKS WERE CALLED TABI). THE NINJA OUTFIT HAD MANY POCKETS FOR HELPFUL GEAR. CHAIN ARMOR WAS NORMALLY BENEATH THEIR CLOAK IN-CASE DANGER CAME THEIR WAY LIKE AN AMBUSH.

THE DIVERSITY OF NINJA WEAPONS AND ATTRIBUTES IS MUCH WIDER THAN THAT OF THE SAMURAI. THE MAIN WEAPON OF NINJA WAS THE SWORD. NINJA SWORDS WERE USUALLY SHORTER THAN SAMURAI KATANA AND HAD A STRAIGHT BLADE. WHEN THEY CLIMBED, THE SWORD WAS PUT ON THE LEFT SHOULDER, PUTTING THE HANDLE OF THE SWORD WAS CLOSE TO THE LEFT EAR. NINJA ALSO USED DIFFERENT TYPES OF THROWING KNIVES, AND A WEAPON FOR THEIR FISTS CALLED TAGAKI. THEY USED METALLIC CLAWS ON THEIR FEET WHICH HELPED THEM TO CLIMB AND MADE THEIR KICKS MORE DANGEROUS.

THEY ARE ALSO VERY CLOSE TO THE OTHER FORM OF JAPANESE KILLER, A SAMURAI.

AS WITH ROBIN HOOD OR KING ARTHUR, THE ONGOING PRESENCE OF NINJA IN POP CULTURE MOVIES AND MANGA OFTEN DIFFERS WIDELY FROM THEIR TRUE ORIGINS.

## WHAT IS YOUR NINJA NAME?

A - ka	J - zu	S - ari
B - zu	K - me	T - chi
C - mi	L - ta	T - do
D - te	M - rin	V - ru
E - ku	N - to	W - mei
F - lu	O - mo	X - na
G - ji	P - no	Y - fu
H - ri	Q - ke	Z - zi
I - ki	R - shi	

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Write your name here

---

Change it into your Ninja Identity here



## WHAT IS YOUR NINJA NAME?

A - ka	J - zu	S - ari
B - zu	K - me	T - chi
C - mi	L - ta	T - do
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G - ji	P - no	Y - fu
H - ri	Q - ke	Z - zi
I - ki	R - shi	

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Write your name here

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Change it into your Ninja Identity here

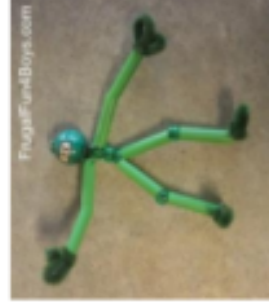


Every Ninja has to have great flexibility, agility and general gymnastics skills so it makes perfect sense to do some Ninja training along side gymnastics! This week's camp will involve lots of Ninja training, cool obstacle courses, fun games and lots of cool crafts!

Here is the list of the crafts you can make along with the items you will need.

## Pipe Cleaner Ninjas

- Pipe cleaners
- Colored drinking straws
- Plastic pony beads
- Wooden beads for the heads
- Scissors
- Glue
- Sharpies – we used a fine tip black for the faces, and larger tipped colored ones to color the heads



## Directions:

- **Step 1:** Twist 3 pipe cleaners together in the middle, and bend them to look like this:
- Make sure that you do at least a couple of complete twists, or the pipe cleaners won't stay together.
- **Step 2:** Slide 3 pony beads over both of the legs together.
- **Step 3:** Cut a drinking straw into 8 1" segments. Slide two segments onto each arm. Slide two segments onto each leg. Slide two segments onto each arm. Slide two segments onto each leg with a pony bead in the middle of the leg segments.
- **Step 4:** Twist the extra pipe cleaner into hands and feet. For the hands, I made one loop for the "hand" and a smaller loop for a thumb. Then I wrapped the excess around the wrist to help keep the straws from sliding off. For the feet, I just made one loop and then wrapped the excess around the ankle.
- **Step 5:** Draw a face on a wooden bead and slide it over the top two pipe cleaners. Since we didn't want hair, we needed a way to deal with the extra pipe cleaners sticking out of the top of the head. What we ended up doing was twisting the two pipe cleaners a few times, cutting it off, and putting a little Tacky Glue on the pipe cleaner ends to keep them from untwisting. I figured that the ends would stick to the head like a little pony tail. Well, the ends did not stay attached to the head, but with the glue, they haven't untwisted, and the heads have not come off.

**\*\*After we finished making the ninjas you can add silver pipe cleaners for the swords!**



# Ninja Camp Lesson Plan

## Crafts

### Pool Noodle Nun Chucks

#### Supplies:

- Foam noodles
- Duct tape
- Scissors

#### Directions:

- Cut the noodles into pieces that are about 4 – 5 inches long
- Wrap the ends with duct tape
- Connect them by using a longer piece of duct tape and secure to each end.



### Toilet Paper Ninjas

#### Supplies

- Toilet paper rolls
- Colored straws
- Paint
- Black marker

#### Directions:

- First draw the slot for the Ninja eyes
- Then paint them and add the eyes.
- Knot the straws and you are done!



### TOILET ROLL NINJAS



## Ninja Swords

### Supplies

- Grey paint
- Paint sticks (Lowes will give you these free!)
- Black duct tape

### Directions:

- Just paint your sword and wrap with duct tape! So easy! So cheap! So fun!

