DESIGN YOUR OWN COURSE KIT

Obstacle for a Popsicle · free printable · US Letter



How it works

1. Print this kit. Cut out the obstacle cards and movement cards along the dotted lines.
2. Pick a tier. Rookie = 3 obstacles, Warrior = 5, Total Ninja = all 7.
3. Draw or choose your cards and lay them in a line. That line is your course.
4. Build each obstacle from the “USE” ideas on the card, or whatever you already own.
5. Walk the course once slowly. Fix anything wobbly. Then set the timer and run it.
6. Log every run on the scorecard. Beat your tier’s target and you earn Champion status.

The three tiers

Tier 1 · Rookie — Beginner
3 obstacles · no timer · helper allowed

Tier 2 · Warrior — Intermediate
5 obstacles · beat 60 s · 5 s per step-off

Tier 3 · Total Ninja — Expert
7 obstacles · beat 45 s · one fall ends the run

SAFETY FIRST (grown-ups read this)

- An adult sets up and checks every obstacle before anyone runs. Keep a clear fall zone around anything you climb, hang from or swing on.
- Soft landings only: grass, mats, carpet or cushions. Nothing that can tip, roll away or pinch. Size the obstacle to the kid, not the kid to the obstacle.
- Stop when someone is tired. Most falls happen on the last run. There is no official safety standard for home courses, so when in doubt: lower, softer, slower.

OBSTACLE CARDS

Cut along the dotted lines · 3 difficulty levels per obstacle

FLOOR · ROOKIE

Stepping Stones

Easy version: pads close together, hands allowed

USE: couch cushions · paper plates · chalk circles

snackninjawarrior.com

FLOOR · WARRIOR

Stepping Stones

Hop from pad to pad without touching the floor between them.

USE: couch cushions · paper plates · chalk circles

snackninjawarrior.com

FLOOR · EXPERT

Stepping Stones

Hard version: pads far apart, one foot per pad

USE: couch cushions · paper plates · chalk circles

snackninjawarrior.com

FLOOR · ROOKIE

Tunnel Crawl

Easy version: short tunnel, wide opening

USE: two chairs + a blanket · cardboard box · a table

snackninjawarrior.com

FLOOR · WARRIOR

Tunnel Crawl

Crawl through without knocking the tunnel over.

USE: two chairs + a blanket · cardboard box · a table

snackninjawarrior.com

FLOOR · EXPERT

Tunnel Crawl

Hard version: long tunnel, no knees down

USE: two chairs + a blanket · cardboard box · a table

snackninjawarrior.com

OBSTACLE CARDS

Cut along the dotted lines · 3 difficulty levels per obstacle

BALANCE · ROOKIE

Balance Line

Easy version: line on the floor, arms out

USE: painter's tape · a jump rope laid flat · a 2×4 on the ground

snackninjawarrior.com

BALANCE · WARRIOR

Balance Line

Walk heel-to-toe the whole length without stepping off.

USE: painter's tape · a jump rope laid flat · a 2×4 on the ground

snackninjawarrior.com

BALANCE · EXPERT

Balance Line

Hard version: line raised on a board, no pauses

USE: painter's tape · a jump rope laid flat · a 2×4 on the ground

snackninjawarrior.com

GRIP · ROOKIE

Popsicle Rings

Easy version: carry the ring, no passing

USE: hula hoop · pool noodle loop · rolled towel

snackninjawarrior.com

GRIP · WARRIOR

Popsicle Rings

Pass a ring (or object) hand to hand to the end without dropping it.

USE: hula hoop · pool noodle loop · rolled towel

snackninjawarrior.com

GRIP · EXPERT

Popsicle Rings

Hard version: pass hand to hand, eyes on the finish

USE: hula hoop · pool noodle loop · rolled towel

snackninjawarrior.com

OBSTACLE CARDS

Cut along the dotted lines · 3 difficulty levels per obstacle

HANGING · ROOKIE

Swing Gap

Easy version: small gap, feet may touch once

USE: playground bar · sturdy branch · two cushions as the gap

snackninjawarrior.com

HANGING · WARRIOR

Swing Gap

Hold and swing across the gap; feet never touch the “water.”

USE: playground bar · sturdy branch · two cushions as the gap

snackninjawarrior.com

HANGING · EXPERT

Swing Gap

Hard version: full gap, one swing only

USE: playground bar · sturdy branch · two cushions as the gap

snackninjawarrior.com

CLIMB · ROOKIE

Climb Wall

Easy version: knee-high, helper hand allowed

USE: cushion stack · low wall or step · bench

snackninjawarrior.com

CLIMB · WARRIOR

Climb Wall

Climb over without using anything outside the obstacle.

USE: cushion stack · low wall or step · bench

snackninjawarrior.com

CLIMB · EXPERT

Climb Wall

Hard version: chest-high, no hands from a helper

USE: cushion stack · low wall or step · bench

snackninjawarrior.com

OBSTACLE CARDS

Cut along the dotted lines · 3 difficulty levels per obstacle

CLIMB · ROOKIE

Warped Wall

Easy version: gentle slope, walk up

USE: grass slope · driveway incline · mattress on the stairs (adult sets it up)

snackninjawarrior.com

CLIMB · WARRIOR

Warped Wall

Run up and touch the top mark. One try per run on Expert.

USE: grass slope · driveway incline · mattress on the stairs (adult sets it up)

snackninjawarrior.com

CLIMB · EXPERT

Warped Wall

Hard version: steep slope, touch the top mark

USE: grass slope · driveway incline · mattress on the stairs (adult sets it up)

snackninjawarrior.com

MOVEMENT CARDS + BLANKS

Shuffle movements between obstacles · invent your own on the blanks

MOVEMENT

Bear crawl

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Crab walk

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Frog jumps

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Side shuffle

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

High knees

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Lunges

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT CARDS + BLANKS

Shuffle movements between obstacles · invent your own on the blanks

MOVEMENT

Backwards walk

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Tiptoe sneak

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Spin ×3 then go

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

One-foot hops

Do this between the previous obstacle and the next one. Judges call it if you skip it.

snackninjawarrior.com

MOVEMENT

Bear crawl ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT

Crab walk ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT CARDS + BLANKS

Shuffle movements between obstacles · invent your own on the blanks

MOVEMENT

Frog jumps ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT

Side shuffle ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT

High knees ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT

Lunges ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT

Backwards walk ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT

Tiptoe sneak ×2

Double round. Do it twice before you move on.

snackninjawarrior.com

MOVEMENT CARDS + BLANKS

Shuffle movements between obstacles · invent your own on the blanks



BUILD YOUR OWN

_____

Write your obstacle here. What do you have to do? What can you NOT do?

USE: ·

snackninjawarrior.com

BUILD YOUR OWN

_____

Write your obstacle here. What do you have to do? What can you NOT do?

USE: ·

snackninjawarrior.com

BUILD YOUR OWN

_____

Write your obstacle here. What do you have to do? What can you NOT do?

USE: ·

snackninjawarrior.com

BUILD YOUR OWN

_____

Write your obstacle here. What do you have to do? What can you NOT do?

USE: ·

snackninjawarrior.com

BUILD YOUR OWN

_____

Write your obstacle here. What do you have to do? What can you NOT do?

USE: ·

snackninjawarrior.com

BUILD YOUR OWN

_____

Write your obstacle here. What do you have to do? What can you NOT do?

USE: ·

snackninjawarrior.com

COURSE PLANNING WORKSHEET

Sketch it before you build it

Course name: _____ **Tier:** ■ **Rookie** ■ **Warrior** ■ **Total Ninja**

Designed by: _____ **Space:** ■ **hallway** ■ **living room** ■ **driveway** ■ **yard** ■ **gym**

Obstacle order (draw your cards, write them here in order):

1. _____ built from: _____
2. _____ built from: _____
3. _____ built from: _____
4. _____ built from: _____
5. _____ built from: _____
6. _____ built from: _____
7. _____ built from: _____

Map (draw the course from above):

Safety check (adult initials each box):

- ■ Fall zone clear around every climb, hang and swing
- ■ Soft landing under every obstacle higher than the knee
- ■ Nothing can tip, roll or slide
- ■ Course walked once at slow speed
- ■ Water and a timer ready

SCORECARDS

One row per run · Warrior adds 5 s per step-off · Expert: one fall ends the run



Tier 1 · Rookie · 3 obstacles · no timer · helper allowed

Ninja	Date	Finished?	Helper used?	Buzzer hit!	Badge earned

Tier 2 · Warrior · 5 obstacles · beat 60 s · 5 s per step-off

Ninja	Date	Time	Penalties	Final	Champion?

Tier 3 · Total Ninja · 7 obstacles · beat 45 s · one fall ends the run

Ninja	Date	Time	Penalties	Final	Champion?

Household record: _____ **by** _____ **on** _____

SNACK NINJA WARRIOR · OBSTACLE FOR A POPSICLE

CHAMPION

This certifies that

_____

beat the buzzer on the course

_____

Tier: ■ Rookie ■ Warrior ■ Total Ninja Time: _____

Date: _____ Judge: _____

NO GUTS, NO POPSICLE.