

# STUDENTS EMBRACE THEIR INNER NINJA

Calvary Christian College students Clayton Hannig, 12, Macy Donohoe, 12 and Kailen Lee, 13 at Ninja Parc. Pictures: Daniel Shirkie



Clayton scaling one of the Ninja Parc obstacles



Macy showing her grip strength

## DANIEL SHIRKIE

LEAPING through the air, running up walls and swinging across pits is the new way kids at Calvary Christian College are keeping fit as they embrace their inner "ninja warrior".

Students at the school have

been giving it their all in weekly classes held at Townsville's Ninja Parc and the early signs have been very positive, said Ninja Parc Townsville manager Brianna Roberts.

"This is bringing a whole new meaning to physical education," she said. "Not all kids enjoy traditional

sports, and on the obstacle course they are getting stronger and fitter without even realising it because they are having so much fun trying to conquer the obstacles.

"It's also about personal achievement. It's the child against the obstacle and the focus is self-improvement.

"This is not about kids dragging their feet to sports class - this is about creating a love of movement that will last a life time."

Calvary Christian College sports co-ordinator Jackie Downs said the weekly classes gave students who might not otherwise thrive at sports an opportunity to participate

and to develop their athletic abilities.

"We want to provide variety for our students," Ms Downs said.

"It is important to offer non-traditional activities like this. Not all kids necessarily resonate with traditional activities or competitive sports."