



WHAT IS SNS?



Story-driven movement
program



Ideal for 3-7 year olds, with
a leadership program for
8-12 year olds.

Through the episodes and trading cards, kids practise
pro-social values like compassion and empathy to
support your efforts to foster kindness in your children

While focusing on the episode's story, students get to repeat basic movements from...



Gymnastics



Martial Arts



Dance



Yoga

Without noticing it, they build the confidence and competence to want to move more.

WHAT ARE THE POWER STONES?



SNS has a hard magic system that governs its universe and the Power Stones are at the centre of that magic.

THERE ARE 5 POWER STONES



PRESENTED BY | NINJA KICKS

TO USE A **POWER** –
E.G. MANIPULATING
WATER – YOU ALSO
HAVE TO "CHARGE"
THE STONE

PRESENTED BY | NINJA KICKS

(IF YOUR CHILD IS DOING SNS,
THEY'LL KNOW THIS ALREADY)

TO **CHARGE A**
STONE, YOU HAVE
TO PERFORM A
SPECIAL MOVE

PRESENTED BY | NINJA KICKS

ELECTRICITY



HOLLOW BODY POSITION
(CORE)

PRESENTED BY | NINJA KICKS

WATER



ANY 3 MOVES IN A ROW
(COORDINATION)

PRESENTED BY | NINJA KICKS

AIR



CIRCULAR LIMB MOTIONS
(PROPRIOCEPTION + BALANCE)

PRESENTED BY | NINJA KICKS

FIRE



BREATH
CONTROL

PRESENTED BY | NINJA KICKS

EARTH



ANY STRENGTH
MOVE
(STRENGTH)

PRESENTED BY | NINJA KICKS

WHY AND HOW WE DO WHAT WE DO



MOVEMENT CAN AND SHOULD BE FUN, NOT A CHORE!

Our mission: to build confidence and competence in movement for all children so they are more connected to themselves, each other and the world around them.

How we're doing it:

STORYTELLING

Storytelling is the bedrock of Secret Ninja School. Every episode exists in the Secret Ninja Universe and follows a story arc. As Ninjas in this universe, we have to adhere to the universe's rules. For example, we use electricity power by 'switching on our core'. To go invisible, we have to go upside down. To be a Ninja, we have to be kind to others.

Storytelling and movement brings people together. Kindy teacher Georgia, said it best: "It doesn't matter if you are the shy kid, or if you are not the best at sport, when Secret Ninja comes on, we're all KW Ninjas and it doesn't matter who you are."

VALUES

As a Secret Ninja, your little ones will practice pro-social values like compassion and empathy so that they can learn self worth and how to care for the people around them.

PHYSICAL LITERACY

Our episodes are built against the Australian physical literacy framework. The framework recognises that to increase competence and confidence in movement, a program must look at the child's progression not only physically, but psychologically, socially and cognitively as well

What does this mean? Well not only are we teaching the skill-based 'building blocks' of a handstand (physical), for example, but we also facilitate a culture of vulnerability (psychological) where it's OK for Ninjas not to be good at something. You can imagine how social and cognitive lessons are built into this example too.

Our goal is not to create elite athletes but to help your child have a lifetime positive relationship with movement. How do you know if this is happening?
You'll notice your children practicing the moves in their own time.

head to secretninjaschool.com to find out more

MORE ON PHYSICAL LITERACY





The Australian Physical Literacy framework

The 'teleport' move in the SNS Universe



SPORTAUS

OVERVIEW OF THE AUSTRALIAN PHYSICAL LITERACY FRAMEWORK

DOMAINS		ELEMENTS
 PHYSICAL The skills and fitness a person acquires and applies through movement	→	<ul style="list-style-type: none"> ■ Movement skills ■ Moving with equipment ■ Object manipulation ■ Coordination ■ Stability/balance ■ Flexibility ■ Agility ■ Strength ■ Muscular endurance ■ Cardiovascular endurance ■ Reaction time ■ Speed
 PSYCHOLOGICAL The attitudes and emotions a person has towards movement and the impact they have on their confidence and motivation to move	→	<ul style="list-style-type: none"> ■ Engagement & enjoyment ■ Confidence ■ Motivation ■ Connection to place ■ Self perception ■ Self regulation (emotions) ■ Self regulation (physical)
 SOCIAL A person's interaction with others in relation to movement	→	<ul style="list-style-type: none"> ■ Relationships ■ Collaboration ■ Ethics ■ Society & culture
 COGNITIVE A person's understanding of how, why and when they move	→	<ul style="list-style-type: none"> ■ Content knowledge ■ Safety & risk ■ Rules ■ Reasoning ■ Strategy & planning ■ Tactics ■ Perceptual awareness

Source: https://www.sportaus.gov.au/_data/assets/pdf_file/0012/720210/35694_Physical-Literacy-Program-Alignment-Guideline_acc.pdf

The 'electricity'
move in the SNS
Universe



THE SNS VALUES

Compassion

An often forgotten truth is that we humans are happiest, when we live for each other. A sense of belonging in a community is a key ingredient to living a fulfilling life. We must learn independence, and the ability to take care of ourselves but if we can, we should take care of others around us too.

DETERMINATION

The greatest feats require a team to overcome adversity. A block in the road is part of the process. To grow, we have to learn to look at these blocks with bravery, rather than avoid the challenge.

CURIOSITY

If we are genuinely curious we are able to find the best in others. We can also enrich our lives and those of others, by discovering more about the world around us.

CREATIVITY

Just because something has 'always been done this way', does not mean something should always be done this way. We create to inspire, excite, entertain, surprise, grow and connect.

BALANCE

Our work should not replace our free time. If we strive to maintain balance in all aspects of our lives, we can be happy or even content.

YOU'RE NOT ALONE



200+ SCHOOLS USE SNS EVERY WEEK

Here are some of the outcomes teachers are seeing while using Secret Ninja School

Andie, Prep, VIC

"Teaching children how to regulate their different emotions is such a huge thing. And being able to give them a very visual cue of how they can do that is invaluable."

Teah, Prep, VIC

"Originally when I said Secret Ninja School, they were like 'we're fighting'. To be able to shift that mindset to be like, 'no, we're going to be doing the balancing, the turning and the kicking,' but it's not at anyone... I think it's invaluable."

Georgia, Prep, NSW

"I haven't found something that's as good as Secret Ninja School at uniting them. It doesn't matter if you are the shy kid, or if you are not the best at sport, when Secret Ninja comes on, we're all KW Ninjas and it doesn't matter who you are."

Mel, K-6, NSW

"I think it has improved behaviour in the playground now because prior to doing Secret Ninja School, there was a lot of rough, zombie-type play that they would take a little too far. Now because everyone is doing [Secret Ninja School], they're involving others. No one is feeling left out because they know what the moves are."

Jen, Prep, QLD

"I have a really diverse group of children. It's the highlight of their day. They just love it. It's the one time that brings them all together and it's a shared passion for them."

KEY FIGURES



77%

of 5-14yo Australians
don't get enough daily
exercise

30%

The average drop in participation in
team sport since the Sydney
Olympics. Some sports like cricket
and most football codes have seen a
dip of around 60%.

200%

Kids are 200% more likely
to stick at a sport if their
parents are active.

1 - 2

Children who stick at a sport for 1-2
years before school, are more
capable of regulating their emotions.
In other words, if they're prone to
aggressive outbursts, they'll be more
calm, and if they're likely to withdraw,
they'll be more likely to participate.

2000+

schools in Australia use SNS
daily.

The 'Invisibility'
move in the SNS
Universe



HOW CAN I DO MORE SECRET NINJA SCHOOL?



Head to

secretninjaschool.com

to join the Secret Ninja School and continue your
child's movement journey at home, or buy a new set
of trading cards!

**COLLECT THE
CARDS**

JOIN THE SCHOOL



THE NINJA CODE

Compassion | Curiosity | Balance | Determination | Creativity

WE NEVER HIT

WE ARE KIND

WE CHECK OUR SPACE

WE DON'T GIVE UP



MEET THE HOSTS

Age: **30**



Keiran Deck | **Ninja Kicks**



Fav Move: Side Kick

20 [40]



More Info

x2

Keiran has over 11-years experience as a coach of young children in sports like Auskick, taekwondo, cricket and gymnastics. As a former cricket and taekwondo athlete, he has a deep love for movement that will last a lifetime. He built these connections as a young child thanks to positive role models.

He is a third degree black belt in taekwondo and a pacifist. Violence is not an option and instead he focuses on honing the values of compassion, empathy and dedication in children.



MEET THE HOSTS

Age: **24**



Boronia Clark | **Nimble Numbat**



Fav Move: Stag Leap

20 [40]



More Info

Boronia credits her parents for getting her into dance as a child, but once she got the bug, she became a dedicated and knowledge-thirsty student. Now an actor, Boronia is a pro at keeping the SNS workouts engaging for your children. Mixed with her intricate knowledge of dance, her original stories are a crowd favourite.

Boronia's focus is on helping your child know what is important in friendships and to demonstrate the value of vulnerability - it's OK if you're not good at something, the journey is the fun part!

