



**PARKOUR
ACADEMY**

featuring



WEEKLY ASSIGNMENTS: **WEEKS 1/3**

MONTH: **May**

YEAR: **2017**

Lesson Plans in Columns below per recommended Class Age Groups.

ParKidz 3-5	ParKidz 5-8	ParKidz 8-12	Parkour Academy 13-17/Adult	Parkour Academy Level 6+/ Advanced Adult
<p>10 mins Warm – up (select a 'game' from the kids section on the 'add-ons' document):</p> <ul style="list-style-type: none"> • Color Game-Red, White, Blue • Space Tunnel 	<p>10 mins Warm – up (select a 'game' from the kids section on the 'add-ons' document):</p> <ul style="list-style-type: none"> • Simon Says- (call it Sargent Says) • Color Game- Red, White, Blue 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document):</p> <ul style="list-style-type: none"> • Capture the Flag • Simon Says- (call it Sargent Says) 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document):</p> <ul style="list-style-type: none"> • Capture the Flag • Med Ball Pass Run 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document):</p> <ul style="list-style-type: none"> • Capture the Flag • Med Ball Pass Run
<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Strength building exercises: Animal movements across floor. • Head stands, hand stands • Hot Lava up, over and across obstacles, include army crawls and rolls. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> •Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army Movement –. • Zombie tag only using army and animal crawls – Military vs. Zombies, add some push ups or burpees off to the side after being tagged before returning to the game as a zombie. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> •Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army •Team Obstacle Course relay- Theme it Navy Seal training day Designate relay tag points and have each team work together to chose which team mate will do each obstacle segment. Teams can compete head to head if it is safe to do so or timed individually. Include an army crawl or rope climb. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> •Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army • Team Obstacle Course relay- Theme it Navy Seal training day Designate relay tag points and have each team work together to chose which team mate will do each obstacle segment. Teams can compete head to head if it is safe to do so or timed individually. Include an army crawl or rope climb. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army • Team Obstacle Course relay- Theme it Navy Seal training day Designate relay tag points and have each team work together to chose which team mate will do each obstacle segment. Teams can compete head to head if it is safe to do so or timed individually. Include an army crawl or rope climb.
<p>15 mins Floor</p> <ul style="list-style-type: none"> • Climb up and over block • Forward and backwards rolls 	<p>15 mins Wall–</p> <ul style="list-style-type: none"> • Wall splat • Wall run to hang • Tick-Tac 	<p>15 mins Wall –</p> <ul style="list-style-type: none"> • Spider walk • Wall splat • Running jump off panel mat to cat grab 	<p>15 mins Wall –</p> <ul style="list-style-type: none"> • Full wall climb up • Tick-Tac • Spider walk 	<p>15 mins Wall –</p> <ul style="list-style-type: none"> • Running wall-run pop up 360 cat grab. • Body prop • Wall Arabian
<p>15 mins Climbs/Rope –</p> <ul style="list-style-type: none"> • Tarzan rope swing from platform of panel mats to another platform. • Tower Climb- stack vault boxes like stairs leading up to a tall tower. Use a large crash mat or foam pit for the kids to jump into from the tower. 	<p>15 mins –Climbs/Rope</p> <ul style="list-style-type: none"> • Tarzan rope swing from platform of panel mats to another platform. • Tower climbs- stack vault boxes like stairs leading up to a tall tower. Use a large crash mat or foam pit for the kids to jump or front flip into from the tower. 	<p>15 mins - Rope</p> <ul style="list-style-type: none"> • Rope climb • Tarzan rope swing from platform of panel mats to another platform. 	<p>15 mins Rope–</p> <ul style="list-style-type: none"> • Rope Traverse • Rope climb • Tarzan rope swing from platform of panel mats to another platform 	<p>15 mins Rope</p> <ul style="list-style-type: none"> • Rope Traverse • Rope climb without using feet, or for time • Tarzan rope crossing
<p>5 mins Cool Down - Stretches and slow holds (Quiet Ninja add-on)</p>	<p>5 mins Cool Down - Stretches and slow holds (Quiet Ninja add-on)</p>	<p>5 mins Cool Down - Stretches and slow holds (Citizenship / respect Add On)</p>	<p>5 mins Cool Down - Stretches and slow holds (Focus & Control Add On)</p>	<p>5 mins Cool Down - Stretches and slow holds (Focus & Control Add On)</p>

Notes: Students progress				

Notes: Challenges or Difficulties				

Notes: Goals				

Notes: other				