



**PARKOUR  
ACADEMY**

featuring



WEEKLY ASSIGNMENTS: **WEEKS 2/4**

MONTH: **May**

YEAR: **2017**

Lesson Plans in Columns below per recommended Class Age Groups.

<b>ParKidz 3-5</b>	<b>ParKidz 5-8</b>	<b>ParKidz 8-12</b>	<b>Parkour Academy 13-17/Adult</b>	<b>Parkour Academy Level 6+/ Advanced Adult</b>
<p><b>10 mins</b> Warm – up (select a 'game' from the kids section on the 'add-ons' document):</p> <ul style="list-style-type: none"> <li>• Freeze Dance with Star Wars music</li> <li>• Space Tunnel</li> </ul>	<p><b>10 mins</b> Warm – up (select a 'game' from the kids section on the 'add-ons' document):</p> <ul style="list-style-type: none"> <li>• Freeze Dance with Star Wars music</li> <li>• Color Game- Red, White, Blue</li> </ul>	<p><b>10 mins</b> Warm – up (select a 'game' on the 'add-ons' document):</p> <ul style="list-style-type: none"> <li>• Capture the Flag</li> <li>• Simon Says- (call it Darth Vader Says)</li> </ul>	<p><b>10 mins</b> Warm – up (select a 'game' on the 'add-ons' document):</p> <ul style="list-style-type: none"> <li>• Shuttle Run Relay</li> <li>• Med Ball Pass Run</li> </ul>	<p><b>10 mins</b> Warm – up (select a 'game' on the 'add-ons' document):</p> <ul style="list-style-type: none"> <li>• Shuttle Run Relay</li> <li>• Med Ball Pass Run</li> </ul>
<p><b>15 mins</b> Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> <li>• Jedi Hot Lava across the galaxy, up, over and across obstacles, include army crawls and Jedi rolls.</li> <li>• Balancing across beams. Hoping and standing on one foot.</li> <li>• Animal movements across gym floor.</li> </ul>	<p><b>15 mins</b> Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> <li>• Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army</li> <li>• Movement – • Jedi Training day- Follow the leader (let students chose to be Luke Skywalker, Princess Leia, or Darth Vader as they lead the others through the "galaxy."</li> </ul>	<p><b>15 mins</b> Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> <li>• Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army</li> <li>• Jedi Training day- Follow the leader (let students chose to be Luke Skywalker, Princess Leia, or Darth Vader as they lead the others through the "galaxy."</li> </ul>	<p><b>15 mins</b> Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> <li>• Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army</li> <li>• Jedi Training day- Follow the leader (let students chose to be Luke Skywalker, Princess Leia, or Darth Vader as they lead the others through the "galaxy." Use area with foam pit or ropes to climb.</li> </ul>	<p><b>15 mins</b> Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> <li>• Cone Collection Game- Theme it by team names Navy vs. Air Force, or Marines Vs. Army</li> <li>• Jedi Training day- Follow the leader (let students chose to be Luke Skywalker, Princess Leia, or Darth Vader as they lead the others through the "galaxy." Use area with foam pit or ropes to climb.</li> </ul>
<p><b>15 mins</b> Floor</p> <ul style="list-style-type: none"> <li>• Vaults up and over blocks</li> <li>• Side, Forward and backwards rolls</li> </ul>	<p><b>15 mins</b> Floor/Vaults–</p> <ul style="list-style-type: none"> <li>• Strides</li> <li>• Dive rolls</li> <li>• Kong up</li> </ul>	<p><b>15 mins</b> - Floor/Vaults–</p> <ul style="list-style-type: none"> <li>• Strides, Precisions, plyos</li> <li>• Dive rolls</li> <li>• Roll vault</li> </ul>	<p><b>15 mins</b> Floor/Vaults–</p> <ul style="list-style-type: none"> <li>• Strides, Precisions, plyos</li> <li>• Dive vaults</li> <li>• Roll vault</li> </ul>	<p><b>15 mins</b> Floor/Vaults–</p> <ul style="list-style-type: none"> <li>• Dive Vaults</li> <li>• Kong to Front dash out</li> <li>• Speed twist</li> </ul>
<p><b>15 mins</b> Bars –</p> <ul style="list-style-type: none"> <li>• bar traverse</li> <li>• swings forwards and backwards</li> <li>• monkey hangs upside down toes to bar</li> </ul>	<p><b>15 mins</b> –bars</p> <ul style="list-style-type: none"> <li>• Jump to bar forward releasing lache dismount</li> <li>• Bar traverse</li> <li>• Chin holds, 4 Grips</li> </ul>	<p><b>15 mins</b> - Bars</p> <ul style="list-style-type: none"> <li>• 5 sec. Chin holds, 4 Grips</li> <li>• Pullover</li> <li>• Timed hang contest</li> </ul>	<p><b>15 mins</b> bars–</p> <ul style="list-style-type: none"> <li>• pull ups</li> <li>• Pullover forward roll dismount</li> <li>• Timed hang contest</li> </ul>	<p><b>15 mins</b> Bars</p> <ul style="list-style-type: none"> <li>• Muscle-ups</li> <li>• Fly away</li> <li>• Max pull up contest</li> </ul>
<p><b>5 mins</b> Cool Down - Stretches and slow holds (Quiet Ninja add-on)</p>	<p><b>5 mins</b> Cool Down - Stretches and slow holds (Quiet Ninja add-on)</p>	<p><b>5 mins</b> Cool Down - Stretches and slow holds (Citizenship / respect Add On)</p>	<p><b>5 mins</b> Cool Down - Stretches and slow holds (Focus &amp; Control Add On)</p>	<p><b>5 mins</b> Cool Down - Stretches and slow holds (Focus &amp; Control Add On)</p>

Notes: Students progress				

Notes: Challenges or Difficulties				

Notes: Goals				

Notes: other				