



**PARKOUR
ACADEMY**

featuring

**parkidz
AND NINJAS**



WEEKLY ASSIGNMENTS: **WEEKS 2/4**

MONTH: **June**

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: <ul style="list-style-type: none"> • animal movement • sharks and minnows </p>	<p>10 mins Warm – up (select a 'game' from the kids section on the 'add-ons' document: <ul style="list-style-type: none"> • animal movement • sharks and minnows </p>	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document: <ul style="list-style-type: none"> • ad on • shark ocean lava style course </p>	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document: <ul style="list-style-type: none"> • add on • quadrupedal zombie tag </p>	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document: <ul style="list-style-type: none"> • ad on • animal movement zombie tag </p>
<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1: <ul style="list-style-type: none"> • • • </p>	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1: <ul style="list-style-type: none"> • line kids up in a circle, have one start off by doing a 360 jump and high five the student next to them continue this all the way around the circle then switch directions of rotation • using a line on the floor have the kids do a 180 precision to the line increasing distance each time </p>	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1: <ul style="list-style-type: none"> • line kids up in a circle, have one start off by doing a 360 jump and high five the student next to them continue this all the way around the circle then switch directions of rotation • using a balance beam or precision rail on the floor have the kids do a 180 precision to the line increasing distance each time </p>	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1: <ul style="list-style-type: none"> • line students up in a square on beams or rails start of the game with many medicine balls that they tossed around of varying weights, if they fall off or drop the ball they are out. Game goes to last person left • using a balance beam or precision rail on the floor have the start with a 180 precision to the rail increasing rotation distance each time </p>	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1: <ul style="list-style-type: none"> • • line students up in a square on beams or rails start of the game with many medicine balls that they tossed around of varying weights, if they fall off or drop the ball they are out. Game goes to last person left • using a balance beam or precision rail on the floor have the start with a 180 precision to the rail increasing rotation distance each time </p>
<p>15 mins Bars <ul style="list-style-type: none"> • jump to bar swing forward and backward • Drop and absorb </p>	<p>15 mins Bars <ul style="list-style-type: none"> • jump to bar • forward lache dismount • Chin hold and 4 grips </p>	<p>15 mins Bars <ul style="list-style-type: none"> • pullover • Lache to precision • cast 180 regrip </p>	<p>15 mins Bars <ul style="list-style-type: none"> • cat climb up on perpendicular bar • 10 regroup in succession • 2 180 regrips in succession </p>	<p>15 mins Bars <ul style="list-style-type: none"> • .6 ft Lache to bar • Lache to cat leap climb up • lache precision to block </p>
<p>15 mins Climbs/Rope – <ul style="list-style-type: none"> • Tarzan swing • </p>	<p>15 mins- floor <ul style="list-style-type: none"> • cartwheels • handstans </p>	<p>15 mins - floor <ul style="list-style-type: none"> • backwards rolls • hanstands </p>	<p>15 mins floor <ul style="list-style-type: none"> • handstand pop • roundoff rebound • precision jump 3 rails </p>	<p>15 mins Floor <ul style="list-style-type: none"> •webster • kip up •butterfly kick </p>
<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				
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Notes: Challenges or Difficulties				
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Notes: Goals				
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Notes: other				
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