



**PARKOUR
ACADEMY**

featuring

**parkidz
AND NINJAS**



WEEKLY ASSIGNMENTS: **WEEKS 1/3**

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:</p> <ul style="list-style-type: none"> • animal movement •sharks in ocean themed lava style obstacles course 	<p>10 mins Warm – up (select a 'game' from the kids section on the 'add-ons' document:</p> <ul style="list-style-type: none"> • animal movement •sharks in ocean themed lava style obstacles course 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document:</p> <ul style="list-style-type: none"> • silent ninja • animal movements 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document:</p> <ul style="list-style-type: none"> • animal warm up •cross-over relay 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document:</p> <ul style="list-style-type: none"> • quadrupedal zombie tag • plyometrics with soft landing -quiet as possible
<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • log rolls down cheese mat • drop downs into pit or crash mat, increasing heights. Make the theme like a cat dropping from a tree testing its 9 lives. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • splat •cat on a hot tin roof-drop and absorb from increasing height •Timed balance 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • drop downs from increasing height and distance with Pk roll •Timed balance games or one foot races 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> •quadrupedal zombie tag • Ad on with Flow focus 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Ad on with flow focus • timed handstands or hand stand walking races
<p>15 mins Floor</p> <ul style="list-style-type: none"> • cartwheels • strides and precision jumps 	<p>15 mins Wall–</p> <ul style="list-style-type: none"> •running splat • wall run for height with chalk or stickers 	<p>15 mins Wall –</p> <ul style="list-style-type: none"> • running jump off mat to cat • wall run • 	<p>15 mins Wall –</p> <ul style="list-style-type: none"> • running jumps to cat •increase distance of running to cat leaps to over students height 	<p>15 mins Wall –</p> <ul style="list-style-type: none"> •.running wall-run to pop up 360 cat • cat 180 to another wall same height
<p>15 mins vault</p> <ul style="list-style-type: none"> • climb up and over blocks -Jump down and across blocks 	<p>15 mins vault</p> <ul style="list-style-type: none"> • dash vault •kong 	<p>15 mins -vault</p> <ul style="list-style-type: none"> • dash • reverse Roll 	<p>15 mins vaults</p> <ul style="list-style-type: none"> • kash • dive vaults Palm spin 	<p>15 mins vaults</p> <ul style="list-style-type: none"> • kong front to dash out • 360 out of dash
<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				