



Get Set 4 Education

Knowledge Organiser Parkour Year 1

About this Unit

Parkour is like pretending you're a superhero! It's when people move around using their bodies in fun ways. Instead of just walking, they might jump over a bench, climb up a wall, run across a playground really fast or balance on a rail.

It's kind of like making the whole world into a playground!
How awesome is that?



Key Vocabulary



balance	direction	link
challenge	focus	movement
control	land	sequence
co-operation	level	share

Ladder Knowledge



Locomotion:
Understand that bending my knees will help me to change direction.
Understand that if I swing my arms, it will help me to run faster.

Jumping & landing:
Know that landing on the balls of my feet helps me to land with control.

Vaulting:
Understand that exercise helps me to become stronger.

Balance:
Know that looking ahead and landing on my feet helps me to balance.

Movement Skills

- balance
- crawl
- hop
- jump
- land
- leap
- run
- slide
- step



This unit will also help you to develop other important skills.

Social
Emotional
Thinking

- take turns, work safely with others, help friends
- confidence, pride, resilience, bravery, patience
- create, copy, repeat, reflect, problem solve

Strategy

Know that listening to the rules of how to use equipment helps to keep me safe.

Healthy Participation



- Only attempt skills your teacher has taught you.
- Ensure your experimenting stays safe, with adult supervision.
- Always work through progressions.

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Home Learning



River Reach



What you need:

Two pieces of rope, soft belts or socks to mark the 'river bank'.

How to play:

- Lay out a line of rope, soft belt or sock.
- Starting on 2 feet, jump as far as you can to cross the second line.
- If you make it, gradually move the second line further away!
- Keep going until you can't make it across without landing in the "water."
- Can you challenge your parent/guardian/sibling to beat your best river jump?

Rules: you must stay upright and land in a sticky landing on 2 feet.

Top tip: swing your arms to gain extra power on your jump.



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If you enjoy this unit why not see if there is a parkour club in your local area.



How will this unit help your body?

balance, co-ordination, flexibility, strength



Head to our youtube channel to watch the skills videos for this unit: @getset4education136