



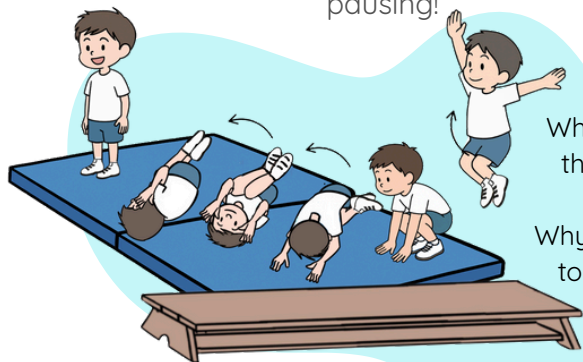
Get Set 4 Education

Knowledge Organiser Parkour Year 2

About this Unit

Parkour is like being an explorer who finds new ways to move through the world. People use their bodies to jump, climb, balance, and run as they travel from place to place. It's about being creative and brave, and seeing everyday spaces (like playgrounds, benches, and walls) as part of your own adventure!

You will be developing your skills of balancing and moving in this unit so you can start to link moves together without pausing!



What type of roll is this pupil using?

Why might you need to roll in parkour?

Key Vocabulary



ahead	create	strength
change	pathway	support
choose	speed	weight
communicate	steady	

Ladder Knowledge



Locomotion:

Know that bending my knees helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.

Jumping & landing:

Understand that looking forward will help me to land with control.

Vaulting:

Know that strength helps us with everyday tasks such as carrying our school bag.

Balance:

Understand that squeezing my muscles helps me to balance.

Movement Skills

- balance
- barrel roll
- crawl
- hop
- jump
- land
- run
- weight on hands

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

Social take turns, work safely with others, communicate, listen.

Emotional confidence, pride, resilience, bravery, kindness.

Thinking create, copy, problem solve, change.

Strategy



Know that taking turns on 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

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

Home Learning



Rooftop Rumble



What you need:

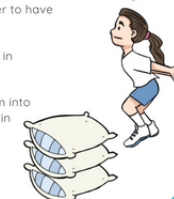
A selection of stackable cushions or pillows.

How to play:

- Place the cushion/pillow on the floor. This is your 'rooftop'.
- From 2 feet, jump high to clear the cushion/pillow and land a sticky landing on 2 feet.
- After each round, raise the cushion/pillow with another.
- How many cushions/pillows can you clear without touching?
- Challenge your sibling/parent/carer to have a go at rooftop rumble!

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

Top tip: bend your knees, tucking them into your chest and swing your arms to gain extra power on your jump.



www.getset4education.co.uk

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