



Get Set 4 Education

Knowledge Organiser Parkour Year 3

About this Unit

Parkour is like being a real-life superhero or ninja!

It's all about moving your body to get from one place to another in the coolest, smartest, and safest way you can. You might: jump over something, climb up something, crawl under something, balance across something, roll when you land to keep moving! Parkour helps you move like an adventurer, just like you're exploring the jungle, the woods, or a castle!

Parkour was officially recognised as a sport in Britain in 2017.



Which key skills are on show here ?

Key Vocabulary



Control: being able to perform a skill with good technique

Balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

Landing position: a stable position used after jumping

Obstacle: something in your way that makes it harder to move forward, like a wall, or bench

Take off: the moment a person begins jump

Vault: a movement where you jump over an obstacle, using your hands or arms to help you over

Securely: landing or moving in a way that keeps your body steady and safe

Pattern: the different ways we jump and land using one foot or two

Ladder Knowledge



Locomotion:
Understand that exploring the space I am in involves being safe in my movements.

Jumping & landing:
Know to keep my head up, arms out stretched with bent knees to soften any landings.

Vaulting:
Know that putting my hand on the obstacle first helps me balance before I lift my feet.

Balance:
Know to keep my head up and back straight. Looking forward not down.

Movement Skills

- run
- jump
- balance
- crawl
- jump
- land
- step vault
- speed vault

Social
Emotional
Thinking

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

work safely, collaborate, communicate

perseverance, confidence, determination, integrity

exploration, creativity, focus, reflect, select and apply

Strategy

Know how to set up equipment in a space that lets me move safely and smoothly.

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



Fancy Feet



What you need:

Piece of rope or soft belt, pillows

How to play:

- Lay out a line of rope or soft belt and a line of pillows.
- Watch the Bench Work Skills Video on our Youtube channel and copy the fancy footwork patterns.
- Start slowly and always in control.
- Use your arms to balance.
- Can you make up your own fancy feet challenge?

Rules:

You must stay upright and in control at all times.

Top tip: Keep your head steady!



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit: [@getset4education136](https://www.youtube.com/@getset4education136)