



Get Set 4 Education

Knowledge Organiser Parkour Year 4

About this Unit

In this unit, you'll be building your all-important fundamental movement skills. You'll also learn how to link your moves together smoothly, just like real parkour experts when they move over obstacles.

As you grow more confident, you'll work on turning during your vaults so you can change direction easily and create your own exciting movement sequences.

And remember: in parkour, safety always comes first. There's no right way, just a safe way!

"Parkour" comes from the French word "parcours," which means "course" or "route." It refers to the path someone takes to get from one point to another, especially by overcoming obstacles.

90 degrees 180 degrees 270 degrees 360 degrees



Can you add some of these turns to your jumps to make them more interesting?

Key Vocabulary

Adapt: to change how you move so it works best for you or fits the situation.

Transitions: moving from one action or position to another

Fluidly: ability to do something smoothly and easily, without hesitating

Decide: select an outcome

Precision: jumping and landing exactly where you want to, without slipping or wobbling

Quadrupedal: moving on four points of contact, using hands and feet.

Rotation: the circular movement of an object around a central point

Flair: smooth, stylish moves usually used to show skill and creativity

Flow: smooth link

Stability: to be balanced

Momentum: the direction created by weight and power



Ladder Knowledge



Locomotion:

Know that adding transitional moves like steps and turns will help with fluidity.

Jumping & landing:

Know how to roll over my shoulder not my head to protect myself on harder surfaces.

Vaulting:

Understand how adding turns to my vaults not only helps with my transitions but also adds flair to my routine.

Balance:

Know that tightening core muscles will keep my body position stable.

Movement Skills

- run
- jump
- balance
- crawl
- climb
- precision jump
- rotational jump
- turn vault
- lazy vault
- safety rolls

Social
Emotional
Thinking

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

work safely, collaborate, share ideas, support others, understand individual strengths

perseverance, confidence, resilience, determination, bravery, pride

exploration, create flows, remember patterns, adapt tasks, decision making, use feedback to improve, creativity



Strategy

Know that adding in directional changes will make my routine more creative.

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



Obstacle Rush



What you need: Any selection of everyday items e.g. chair, cushion, box or books.

How to play:

- Create a simple obstacle course in the living room or outdoor space using everyday items.
- For example, crawl under a table, jump over a cushion with a 180° turn, hop around a chair and finish with a soft landing onto a pillow!

Rules: You must not touch any of the obstacles unless they're a landing zone.

Top tip: bend your knees on landing to absorb the impact.



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



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