



Get Set 4 Education

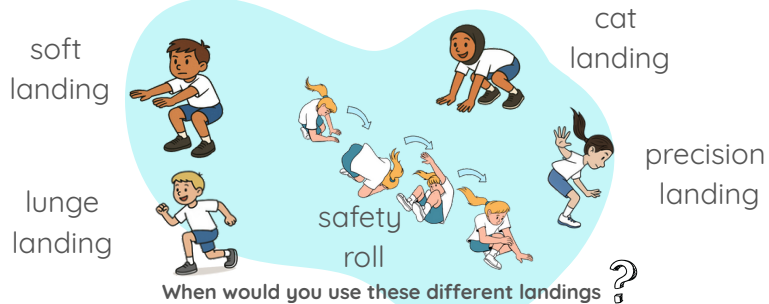
Knowledge Organiser Parkour Year 5

About this Unit

In this unit, you'll be working on making your movements more controlled, smooth, and accurate. You'll keep building your confidence by trying new things and finding ways to improve your own skills.

You'll be learning some trickier vaults and practising how to move quickly and powerfully from one obstacle to the next. You'll also build up your upper body strength by using walls, platforms, and other surfaces to climb, turn, or lift yourself up.

Plus, you won't be doing it all alone! You'll be teaming up with others and taking on different roles, like helping design moves, performing them, giving helpful feedback, or being part of the support crew (just like in a race team!).



Key Vocabulary

- Drive:** push or move something forward with power or force
- Horizontal:** goes side to side, parallel to the ground, like when you're lying down or moving across a surface
- Vertical:** something that goes up and down
- Elevate:** to lift or raise something to a higher position
- Observe:** watch
- Consecutive:** in a row
- Identify:** recognise
- Performance:** the complete sequence of actions
- Quality:** the standard of the skill
- Power:** speed and strength combined
- Collaboratively:** work jointly with others



Ladder Knowledge



Locomotion:	Jumping and landing:	Vaulting:	Balance:
Understand that strong foot placement and arm swings will aid my ability to climb up or move across obstacles.	I know to land on the balls of my feet with bent knees and arms out to stay balanced and precise.	Know that looking ahead to the next obstacle will help my performances flow.	Understand that staying balanced and in control helps me link movements safely and without stopping.

Movement Skills

- run
- jump
- balance
- hang
- rebound
- tic tac
- consecutive vault
- landing



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

Social	work safely, collaborate, communicate, support others, encourage
Emotional	perseverance, confidence, resilience, determination, patience
Thinking	decision making, exploration, creativity, observe and evaluate, identify improvements, select and apply

Strategy

Know that I can help myself and others learn and stay safe by taking on different roles.

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



Precision Pro



What you need: Any selection of everyday soft, safe items e.g. cushion, tea towel or toilet paper square!

How to play:

- Lay out small mats, placemats, towels or toilet paper on the floor to mark landing zones.
- Space items out at increasing distances, assign them points.
- How many clean (precision) landings can you make in 1 minute?

Rules:

To score a point, you must land with both feet fully on the zone, stay balanced

Top tip: Swing arms forward and squat low into a balanced landing position.



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](https://www.youtube.com/@getset4education136)