



Get Set 4 Education

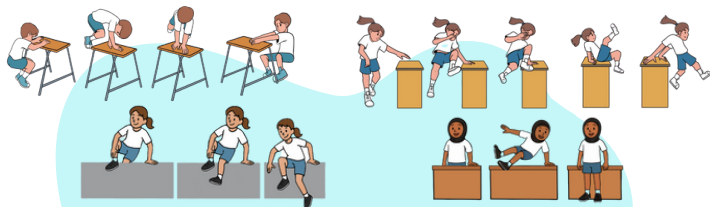
Knowledge Organiser Parkour Year 6

About this Unit

In this unit, you'll be working on building momentum, finding your rhythm, and moving with style and flow! You'll help each other by giving kind, helpful feedback and using advice to make your performances even better.

You'll get to try out cool ways of combining obstacles to climb higher or move more smoothly. As you go, you'll start to think about how your movements look as well as how they feel, making them powerful and creative.

Teamwork is a big part of this unit. You'll be working together to plan, create, and improve your very own parkour performance. You'll think about what's working well, both in your own moves and in your friends' performances too.



Can you identify these vaults ?

Key Vocabulary



Absorb: soften the landing by bending your knees and using your muscles to slow down

Aesthetics: how a performance or skill looks

Dismount: carefully get off something you've been on

Execution: completing the action

Progression: a stage of a skill

Decision making: to make a choice

Competent: able to perform

Refine: to improve the quality

Appropriate: suitable approach

Structure: the way in which a sequence is ordered or organised

Ladder Knowledge



Locomotion: Understand how momentum from a roll can help with rhythm and fluidity.

Jumping and landing: Know that using my arms will give me more elevation to my jump.

Vaulting: I know that using my momentum helps me keep speed and flow through each vault.

Balance: Know where and when to apply force to maintain control and balance on less stable obstacles.

Movement Skills

- run
- jump
- balance
- roll
- tic tac
- consecutive vaults



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

Social work safely, collaborate, support others, respect, communicate

Emotional perseverance, confidence, resilience, determination

Thinking plan and reflect, creativity, observe and evaluate, decision making, problem solving, comprehension

Strategy

Know that checking my performance helps me improve my flow and movement.

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



Sock Attack



What you need: Rolled up socks, 1 friend or family helper!

How to play:

- Roll up 10 pairs of socks to turn them into sock launchers!
- Ask your friend to roll or underarm throw the socks towards you for you to dodge.
- How many out of 10 can you dodge?

Rules: The socks may only be rolled or thrown underarm, below waist height.

Top tip: Stay on the balls of your feet ready to react and rebound.



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