

CENTRE NAME: Parkour UK

CENTRE NO: 915

CODE NO: U1APPK

UNIT TITLE: Unit 1 Award in Participating in Parkour/Freerunning

CURRICULUM AREA(S): Physical Education and Sport, Key Skills: Improving own Learning and Performance, Thinking Skills

UNIT DESCRIPTION: Through practical participation under the supervision of a Parkour UK qualified coach, the learner will learn and develop basic skills fundamental to Parkour/Freerunning. The learner will learn and practice their skills in a supervised and controlled environment.

PROCEDURES FOR MAKING AND RECORDING ASSESSMENTS:

Assessed by the session leader by means of observation (1-9, 11-13) and discussion (10, 14-19)
All assessments recorded on the Summary Sheet.

LEVEL: Entry Level

NOTIONAL LEARNING TIME: <10 Hours

OUTCOMES TO BE ACHIEVED

EVIDENCE REQUIRED

In successfully completing this unit the learner will have

demonstrated the ability to

1. attend and participate in at least three given Parkour/Freerunning training sessions;
2. perform all warm up and stretching exercises, as instructed;
3. land correctly following a jump down from a small height;
4. practise a roll from a crouching position;
5. maintain balance and correct posture whilst walking along a raised, thin obstacle such as a rail or a thin beam;
6. perform a precision jump from and to a raised obstacle e.g. rail, thin beam;
7. perform a step-vault;
8. perform a side-vault;
9. perform a speed-vault;

Tutor completed checklist (1-19), itemised (1)

shown knowledge of

10. when it is and isn't necessary to perform a roll when landing from a jump;

demonstrated the ability to

11. perform a basic cat leap;
12. combine at least two learned movements in succession;
13. complete a short route as laid out by the coaches, demonstrating balance and control over own movements;

acquired an understanding of

14. the ethos and spirit of Parkour/Freerunning;
 15. the importance of warming up and stretching before training;
 16. the importance of safety when engaging with Parkour/Freerunning activities;
 17. how to control and develop own balance, posture and body movements;
 18. the correct way to land from a jump i.e. bending own knees within a 90-degree angle;
 19. why it is important to roll correctly
-