

Unit Award Scheme: Summary Sheet

Name of Centre Parkour UK

Centre No.

9	1	5
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Unit Title Unit 1 Award in Participating in Parkour/Freerunning

Unit Code U1APPK

Learner Details	Outcomes														Date of completion		
	Attend and participate in at least 3 given Parkour training sessions (1).	Attend and participate in at least 3 given Parkour training sessions (2).	Attend and participate in at least 3 given Parkour training sessions (3).	Perform all warm up and stretching exercises, as instructed.	Land correctly following a jump down from a small height on to a	Practise the roll from a crouching position.	Maintain balance and correct posture whilst walking along a raised obstacle such as a rail or beam.	Perform a precision jump from and to a raised obstacle 1.e. rail, thin beam.	Perform a step vault.	Perform a side vault.	Perform a speed vault.	Know when it is and isn't necessary to perform a roll when landing from a jump.	Perform a basic cat leap.	Combine at least two learned moves in succession.		Complete a short Parkour route as laid out by the instructor, demonstrating balance and control.	Understand the ethos and spirit of Parkour/Freerunning
Name	1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	

Signed _____

(Coach)

Signed _____

(Centre Co-ordinator)

Sheet No. ___ of ___

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Learner Details	Outcomes														Date of completion		
	Understand the importance of warming up and stretching before training.	Understand the importance of safety when engaging with the Parkour discipline.	Understand how to control and develop own balance, posture and body awareness.	Understand the correct way to land from a jump i.e. bending own knees within a 90 degree angle.	Understand why it is important to roll correctly.												
Name	15	16	17	18	19												

Signed _____

(Coach)

Signed _____

(Centre Co-ordinator)

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