

**CENTRE NAME:** Parkour UK

**CENTRE NO:** 915

**CODE NO:** U2APPK

**UNIT TITLE:**

Unit 2 Award in Participating in Parkour/Freerunning

**CURRICULUM AREA(S):**

Physical Education and Sport, Key Skills: Improving own Learning and Performance, Thinking Skills

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**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.

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**PROCEDURES FOR MAKING AND RECORDING ASSESSMENTS:**

Assessed by the coach supervising the session by means of observation (1-15) and discussion (16-18)

All assessments recorded on the Summary Sheet.

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**LEVEL:** Entry Level

**NOTIONAL LEARNING TIME:** <10 Hours

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**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 six Parkour/Freerunning training sessions;
2. perform, without instruction, appropriate warm up and stretching exercises;
3. perform a basic roll from a standing position;
4. perform a Tic-Tac, with or without a supporting hand;
5. perform a forward jump off of a raised obstacle and combine with a roll;
6. perform a running precision jump, taking off from both legs;
7. perform a Kong Vault;
8. perform a Turn Vault;
9. perform a Slide Monkey vault;

Tutor completed checklist (1-18), itemised (1)

10. perform a Cat Leap and climb up on to an obstacle;
11. combine at least three learned movements in succession;
12. maintain balance and posture whilst walking along a raised bar or beam;
13. maintain balance whilst moving along a raised bar using the cat balance technique i.e. quadrupedal movement;
14. ensure risk-benefit considerations underpin own actions at all times;
15. reflect on and evaluate own progress with the instructor on at least one occasion;

**acquired an understanding of**

16. spatial awareness and depth perception in relation to executing movements;
  17. the importance of physical conditioning;
  18. the importance of being healthy and looking after own body.
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