

Unit Award Scheme: Summary Sheet

Name of Centre Parkour UK

Centre No.

9	1	5
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Unit Title Unit 2 Award in Participating in Parkour/Freerunning

Unit Code U2APPK

Learner Details	Outcomes															Date of completion	
	Attend and participate in at least 6 Parkour training sessions (1)	Attend and participate in at least 6 Parkour training sessions (2)	Attend and participate in at least 6 Parkour training sessions (3)	Attend and participate in at least 6 Parkour training sessions (4)	Attend and participate in at least 6 Parkour training sessions (5)	Attend and participate in at least 6 Parkour training sessions (6)	perform, without instruction, appropriate warm up and stretching exercises	perform a basic roll from a standing position	perform a Tic-Tac, with or without a supporting hand	perform a forward jump off of a raised obstacle and combine with a roll	perform a running precision jump, taking off from both legs	perform a Kong Vault	perform a Turn Vault	perform a Slide Monkey vault	perform a Cat Leap and climb up on to an obstacle		combine at least three learned movements in succession
Name	1	1	1	1	1	1	2	3	4	5	6	7	8	9	10	11	

Signed _____

(Coach)

Signed _____

(Centre Co-ordinator)

Sheet No. ____ of ____

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	maintain balance and posture whilst walking along a raised bar or beam;	maintain balance whilst moving along a raised bar using the cat balance technique, i.e. quadrupedal	ensure risk-benefit considerations underpin own actions at all times	reflect on and evaluate own progress with the instructor on at least one occasion	spatial awareness and depth perception in relation to executing movements	the importance of physical conditioning	the importance of being healthy and looking after own body									
Name	12	13	14	15	16	17	18									

Signed _____

(Coach)

Signed _____

(Centre Co-ordinator)

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