

Parkour/Freerunning Competency Assessment Checklist *(For Tutor/Assessor Use Only)*

The checklist aims to provide the Tutor/Assessor with a means to assess learners' competency in variety of Parkour/Freerunning movements and should be used for the completion of Task 11. It is comprised of 10 competency groups, consisting of 46 movements. Learners will need to be able to technically demonstrate and/or explain the fundamental principles of a variety of Parkour/Freerunning movement competencies to the Tutor/Assessor.

Each Learner will be asked by the Tutor/Assessor to technically demonstrate and/or explain at least one movement from each of the 10 competency groups. A minimum of 3 movements must be technically demonstrated and a minimum of 3 must be explained. Each movement competency has one outcome mark available, therefore 10 marks are available and the pass mark is 80% (8 marks).

The method of assessment should also be recorded: 'D' = Demonstrated; 'E' = Explained; and 'Q' = Questioning. A 'C' is to be entered where the learner is deemed competent, and 'NYC' for not yet competent. 'RA' = Reasonable Adjustment in the case of any injuries, illnesses, permanent, long-term or temporary disability, a learning difficulty or indisposition

Competency Group		Method D / E / Q	Outcome C / NYC	Comments
Vaults (Passement)				
1	Cat Pass/Kong			
2	Pop Vault			
3	Speed Vault			
4	Turn Vault (left and/or right)			
5	Dash Vault			
6	Vault to Precision			
7	Vault to Arm Jump/Cat Leap			
8	Lazy/Thief Vault			

Rolls (Roulade)				
9	Drop Roll - Left			
10	Drop Roll - Right			
11	Dive Roll - Left			
12	Dive Roll - Right			
13	Roll over/across obstacle			
Arm Jump (Saut de Bras)				
14	Standing Arm Jump			
15	Running Arm Jump (left)			
16	Running Arm Jump (right)			
17	Arm Jump 180 Left			
18	Arm Jump 180 Right			
19	Level Arm Jump (walls approximately same height)			
Swings (Lache)				
20	Lache to precision			
21	Lache to arm jump/cat leap/re-grab			
22	Underbar			

Climbing & Traversing				
23	Traverse (using feet)			
24	Traverse (without using feet)			
25	Dyno			
Jumping (Saut de Precision)				
26	Rail/bar precision			
27	Wall Precision			
28	Precision jump at height			
29	Running jump - Left foot			
30	Running jump - Right foot			
31	Downward precision			
32	Plyometric jumps (sticking at end)			
Balance (équilibre)				
33	Longitudinal dynamic balance (walking along a rail and/or bar)			
34	Perpendicular balance (rail/ bar precision landing)			
35	Raised Quadrupedal Movement			

Wall Runs and Tic-Tacs				
36	Wall run (either foot - up and over)			
37	Tic-Tac Precision (left foot)			
38	Tic-Tac Precision (right foot)			
Routes				
39	Vault - Roll - Arm Jump			
40	Swing - Climb - Jump			
41	Balance - Wall Run/Tic-Tac -Strength Movement			
Strength Movements				
40	Climb Up (symmetrical)			
41	Muscle Up (symmetrical)			
42	Quadrupedal Movement			
43	Pull Up			
44	Chin Up			
45	Push Up (narrow arms)			
46	Dip			
		Total		Competent / Not Yet Competent

Tutor/Assessor Feedback

Post assessment discussion to clarify observations and fill any gaps

Movement Number	Feedback
Overall summary – Identify an action plan for on-going personal development	

Learner signature:		Date:	
Tutor/Assessor signature:		Date:	
Internal/external verifier signature:		Date:	

Reassessment Record

If learners are unsuccessful in achieving any of the assessment components, they are required to be presented with two opportunities for reassessment. This record is to be used if learners are unsuccessful in the completion of any assessment. Learners who have successfully completed a reassessment can only claim certification through Parkour UK.

First Reassessment			
Learner's name:			
Tutor/Assessor's name:			
Reassessment date:		Venue:	
Outcome (please circle):	Competent	Not yet competent	
Feedback			
Learner's Action Plan			Completed by:
Learner's signature:			Date:
Tutor/Assessor's signature:			

Second Reassessment			
Learner's name:			
Tutor/Assessor's name:			
Reassessment date:		Venue:	
Outcome (please circle):	Competent	Not yet competent	
Feedback			
Learner's Action Plan			Completed by:
Learner's signature:			Date:
Tutor/Assessor's signature:			
Internal Verifier signature:			