

**1ST4SPORT LEVEL 2  
QUALIFICATION IN  
COACHING PARKOUR &  
FREERUNNING**



**OUTLINE AND COURSE INFORMATION**

# PRE-REQUISITE AND QUALIFICATION INFORMATION



## Qualification & RQF

This qualification is on the Regulated Qualifications Framework and is regulated by 1st4Sport – our Qualifications Partner. More information on the qualification specification can be found on our website at [Coach – Parkour UK](#).

## Pre-requisites:

In order to join a Level 2 course you must:

- be accurately identified
- be at least 18 years of age (prior to attending the course)
- be able to communicate effectively in English (this includes listening, speaking, reading and writing).
- hold the Parkour UK 1st4sport Level 1 Parkour/Freerunning Assistant Coach qualification.
- hold a valid first aid certificate (minimum of six hours) recognised by Parkour UK in the last three years
- have attended a child protection/safeguarding workshop recognised by Parkour UK in the last three years

## Coaching experience

This course will require to have developed your experience of Parkour coaching since completion of your Level 1 qualification.

It is recommended that you have at least 1-2 years of coaching experience between Level 1 and Level 2, and it is also strongly recommended that you gain some experience working across multiple environments and audiences. This should give you a strong foundation for the learning on the course.

## Parkour experience

This course will require to be competent in the foundational physical and technical techniques required for Parkour. It is recommended that you are an active practitioner of Parkour. You can view the criteria which indicate the basic requirements later in this document

## Reasonable adjustments

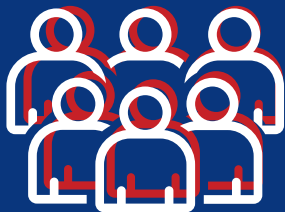
If you have any injuries, illnesses, permanent, long-term or temporary disability, a learning difficulty or challenge, please contact Parkour UK to allow us to support you to have the most beneficial learning experience. This contact must take place prior to the course.

# LEVEL 2 COURSE STRUCTURE

## Online Sessions

10 hours of online learning spread over 3 sessions on Zoom

STEP  
**01**



STEP  
**02**

## Face to Face

30 hours face to face spread over 3.5 days outdoors  
Formative assessment for provisional status

## PARKOUR UK 'PROVISIONAL STATUS' LEVEL 2 COACH

## Development Period

A reflective learning and development period of up to 18 months

STEP  
**03**



STEP  
**04**

## Final Assessment

8 hours final assessment day

## PARKOUR UK LEVEL 2 COACH

# COURSE MODULES & TIMETABLE



The Parkour UK 1st4sport Level 2 Parkour/Freerunning Coach qualification is divided into the following modules:

- Module 1: Parkour, Past, Present Future
- Module 2: Parkour UK, Your Role and Relationship
- Module 3: Communication
- Module 4: Preparing Practitioners
- Module 5: Planning and Groups
- Module 6 : Leading Classes
- Module 7 : Techniques 1: Know Your Cue
- Module 8: Techniques 2: Attribute Boogaloo
- Module 9: My Mind is Telling Me No
- Module 10: The Creation Station
- Module 11: Formative Assessment: Provisional Status
- Module 12: Your Learning
- Module 13: Final Assessment

## Online Sessions Timetable

<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>
Modules 1, 2 & 3	Module 4	Modules 5 & Evidence Capture

Face to Face Sessions Timetable (please note modules/timings can move around to suit locations)

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Time</u>
<u>HALF DAY</u>	Module 6	Module 8 & Module 9	Module 10 & evidence capture for Module 11	<u>MORNING</u>
Module 5 Practical & Module 3 Practical End of Day Challenge	Module 7 & Evidence Capture End of day Challenge	Evidence Capture & Criteria review End of Day Challenge	Review workbooks, Individual feedback & provisional status End of course challenge	<u>AFTERNOON</u>
Review and complete workbook	Review and finish any evidence capture from day 2	Review and finish any evidence capture from day 3	Development tasks for Module 12 leading to final assessment	<u>OWN LEARNING TIME</u>

Course Section	Expected Contact Time	Content, Documents & Guidance
Initial Booking	Initial Automated Receipt from website immediately	<ul style="list-style-type: none"> <li>• Receipt of payment and confirmation of booking – please check this for accuracy</li> </ul>
Initial Booking	Within 2 weeks of booking	<ul style="list-style-type: none"> <li>• Initial introduction and welcome from Parkour UK's workforce team with general guidance document.</li> </ul>
Online Course	3 weeks prior to course	<ul style="list-style-type: none"> <li>• Timetable and Zoom link for online sessions</li> <li>• Workbook Materials for online sessions</li> <li>• Online sessions guidance and FAQs</li> </ul>
After Online Course	Within 10 days of completion	<ul style="list-style-type: none"> <li>• Summary email of online course</li> <li>• Submission date for online workbook to be sent to Parkour UK</li> </ul>
Face to Face Course	3 weeks prior to course	<ul style="list-style-type: none"> <li>• Timetable and Exact location for course</li> <li>• Digital version of workbook materials for initial review</li> <li>• Digital Version of assessment journal for review</li> <li>• Face to Face sessions guidance and FAQs</li> </ul>
Face to Face Course	1 week prior to course	<ul style="list-style-type: none"> <li>• Final Check in</li> </ul>
Face to Face	Within 10 days of completion	<ul style="list-style-type: none"> <li>• Summary Email of face to face course</li> <li>• Summary of your results to check for accuracy</li> <li>• Provisional Status letter if achieved</li> <li>• Suggestion of possible assessment dates</li> </ul>
Final Assessment	3 weeks prior to assessment	<ul style="list-style-type: none"> <li>• Timetable and Exact location for assessment</li> <li>• Summary of provisional results as a reminder</li> <li>• Assessment guidance and FAQs</li> </ul>
Final Assessment	1 week prior to course	<ul style="list-style-type: none"> <li>• Final Check in</li> </ul>
Final Assessment	within 5 days of completion	<ul style="list-style-type: none"> <li>• Result letter and certificate if achieved</li> <li>• Development advice if appropriate</li> </ul>

# EVIDENCE CAPTURE AND ASSESSMENTS

On the course you will be given a workbook and an assessment journal. The workbook will contain a basic summary of the learning and knowledge for each module, and space for workbook exercises and ways to capture your learning throughout the course. The assessment journal will be used to capture your progress and learning alongside the workbook.



The overall purpose of the assessment is to test your ability to:

- Demonstrate the core coaching skills criteria set out by 1st4Sport – on 2 occasions.
- Demonstrate through the criteria that you can independently deliver safe, effective Parkour coaching in order to be granted Provisional Status and develop your experience.
- Complete a series of physical and technical movements to a level which is appropriate for effective demonstration in a class environment.
- Demonstrate through the criteria that you can independently deliver safe, effective Parkour coaching in order to complete the Level 2 in Coaching Parkour and Freerunning Qualification.

## 1. Provisional Status - Formative Assessment

Provisional status is an agreement between you and Parkour UK that you can operate as a Level 2 coach under the set ratios and insurance conditions, while you continue to develop.

Throughout your face to face course, there will be opportunities built into the learning for you demonstrate the criteria listed. As the week progresses you can use the journal to record your ability to meet the criteria in partnership with your tutor.

As the Provisional Assessment is carried out informally through the face to face course, you may be able to have more than one opportunity to demonstrate a criteria, however this cannot be guaranteed.

## 2. Final Assessment - Summative Assessment

If you are granted provisional status you will return for a final assessment after a period of time no later than 12 months after the finishing date of your face to face course. If you are not granted provisional status you will return for a final assessment no later than 18 months after completing the face to face course.

At the final assessment you will be provided with an opportunity to demonstrate the criteria listed in a more formal structured setting. The journal will be used to record your competency across the criteria. You will be presented with a series of technical and physical challenges to demonstrate. This will then be followed by your delivery of a coaching session, where your coaching competencies will be assessed.




# EVIDENCE CAPTURE AND ASSESSMENT – MODULES

The workbook and the assessment journal are your two core evidence bases for your qualification.

If you lose these, you will not be able to provide evidence that you have completed the work and may not be able to complete the qualification.

It is recommended you copy or take pictures of your work and store securely.



The evidence of your learning for Modules 1 – 10 will be captured through workbook activities and written work. This work will be completed partly during the course delivery and partly in your own time at the end of each session. You will have a digital workbook for the online sessions and a paper workbook and assessment journal for the face to face course.

The evidence of your learning for Module 11 will be through formative assessment on the face to face course. Formative assessment means that the criteria is that built into the face to face learning as the course progresses – rather than a specific assessment section. You will carry an assessment journal and will work with the tutor to record your criteria throughout the course.

Module 12 will be completed in the period between the face to face course and final assessment. This will be a period where you can develop your skill on any criteria which you could not meet on Module 11. You will discuss with your tutor an appropriate time period for this development.

You will also record a series of linked and progressive coaching sessions and a coaching log which you will as evidence of reflective learning and practice. The coaching log includes logging coaching over a number of environments including a mandatory outdoor session. These sessions have to be signed off by a witnessed and do not require the signature of another Parkour UK coach. These will be completed before your final assessment

The evidence of your learning for Module 13 will be through summative assessment which takes the form of a full days practical assessment with 2 parts:

- 1) You will plan, risk-benefit assess, deliver and evaluate a parkour coaching session for your peers. Learners must use the session plan, risk-benefit assessment and evaluation sheet.
- 2) You will demonstrate and/or explain the fundamental principles of a variety of parkour techniques to the tutor/assessor.



## Module 1: Parkour: Past, Present, Future

This module explores parkour history and the origins of the discipline, looking at both how it began but also how it has and is evolving. We will discuss the philosophy and the spirit of parkour training, their impact on coaching, and how we might convey these through our classes.

## Module 2 Parkour UK: Your Role and Relationship

This module addresses your role and responsibilities as a Level 2 coach, key codes of conduct and the different types of coaching in which you are likely to engage. We will discuss the wider Parkour UK workforce, what you may expect from Parkour UK and how to engage with the national governing body.

## Module 3: Communication

This module will cover all of the key elements of communication within a coached environment. We will look at a range of communication styles and mediums, explore the different ways we can use our body language to convey or emphasise a message; and address some key types of communication including cueing and feedback

## Module 4: Preparing Practitioners

This module focuses on more general principles of physical training and looks at the sports science knowledge base that underpins effective parkour coaching. We will learn about basic physiology, anatomy and biomechanics; different training paradigms for developing strength, power and endurance; and mobility and injury prevention methodologies.

## Module 5: Planning and Groups

In this module we will learn about some key coaching theories and practices, and discuss how our coaching adapts to the needs of different groups and demographics. We will look closely at our responsibilities and best practice for working with children. We will also discuss curriculum-building and course-planning.

## Module 6: Leading Classes

In this module we will explore the key coaching skills required to lead effective classes and create and maintain inclusive environments. We will explore the nature of the coach as a role model and how to lead from the front; how to lead exciting and dynamic sessions; and how to work as part of a coaching team, developing assistant coaches and getting the most out of your peers.

## Module 7: Techniques 1

In this module we will focus on the fundamental movement techniques that parkour employs to engage with different obstacles and environments. We will look at key coaching points, common errors, and ways to cue these movements; how to add complexity or break down a movement; and good coaching practise for learning new techniques.



## Module 8 : Techniques 2

Parkour is a holistic practice that builds broad movement and life skills through engaging with obstacles. In this module we will discuss some of the key skills and attributes we seek to develop; we will navigate how to centre these skills in our classes; and we will explore how to use techniques as a tool, rather than as an outcome for drills.

## Module 9: My Mind is Telling Me No!

In this module we will explore the psychological aspect of parkour. This will include the role of fear and mental challenge in training, how to appropriately introduce these in the coached environment, and discuss different ways of supporting students through these processes. We will have an experiential session physically exploring some examples of this type of training.

## Module 10: The Creation Station

In this module we will look at the design of different types of exercises and drills within classes. We will consider the different elements to consider when creating routes or challenges for our students; explore practical examples of different types of drill; and discuss ways of optimising learning through the decisions we make in station design.

## Module 11: Formative Assessment: Provisional Status

This module is built in throughout the course and time will be given for the capture of your suitability for provisional status. Full details are contained in the assessment journal. Provisional Status is granted on the basis that a coach can begin to lead classes independently while:

- Being able to keep students safe
- Creating a productive and controlled learning environment
- Demonstrating the foundational physical/technical aspects of Parkour currently to support students learning

## Module 12: Your Development

Once the face to face course is complete you will be required to spend time on your own development in coaching, physical and technical skills. The focus of this will be:

- Plan a linked and progressive coaching programme including a minimum of 4 sessions  
This will include full session plans and risk-benefit assessment
- Development of skills based on the Assessment Journal Checklist from module 11. It is expected that learner will spend adequate time on their physical, technical and coaching development and be able to demonstrate improvement where needed.

## Module 13: Final Assessment

The final assessment will be one day long and will allow the opportunity to demonstrate all criteria in the assessment journal. This will be through a series of assessor led exercises and peer-led coaching sessions.

# HOW YOUR ASSESSMENT IS MARKED

## PROVISIONAL STATUS

The Provisional status pages in your assessment journal will be populated over the course of the face to face sessions and a final outcome given on the final day.

A 3 rank system will be employed for each criteria:

- Needs Work (DA) - you have not met the standard for a particular criteria and need to develop in this area
- B - you have met the standard for a particular criteria with a small error or deficit
- A - you have clearly met the standard of a particular criteria

To be granted provisional status you must meet the following standard:

- At least 14 'B' or higher across the technical criteria (total available is 20)
- At least 8 of 'B' or higher across the coaching criteria (total available is 13).  
Within the score of 8, you must meet these mandatory criteria: 1,5,7,9,11
- At least a total of 5 'A' across the assessment as a whole. (total available is 33)

Specific details of the DA, B and A standards are available at the end of this guidance.

For you as the learner this assessment is designed to help understand your current ability, record learning, and gain feedback on areas of development ahead of your final assessment.

For Parkour UK this assessment is designed to ensure that you can meet the criteria to work safely under provisional status – demonstrating safe group management, risk management and foundational competency to demonstrate techniques and physical exercises.

If the overall threshold of competent criteria is met you will be granted provisional status for a maximum period of 12 months before you return for your final assessment.

If you do not meet the minimum threshold of competent criteria you will not be granted provisional status. You can continue to prepare for final assessment without provisional status.

You must attend a final assessment date within 12 months of the finishing date of your face to face course.

### Questioning:

For 3 of the criteria you may be asked to demonstrate an understanding of the movement through explanation tutor questioning. The outcome of this is to make the tutor feel confident that you would be able to explain or coach the movement if you could not demonstrate it.

You can use this function to cover any movements which you cannot yet execute or demonstrate due to injury up to a maximum of 5.

The tutor questioning will take the form of a series of questions that prompt you to demonstrate cue points and an opportunity for you to explain how you would teach the movement. Questions should be specific and sample answers will be provided ahead of the face to face course where you will practice this element as an activity.

For example: What are 3 key points for performing a wall run? When do you kick during a lache? What are the advantages/disadvantages of single vs two hand release during a lache?

# HOW YOUR ASSESSMENT IS MARKED

## FINAL ASSESSMENT



The Final Assessment day is a structured assessment where you will be given the opportunity to demonstrate the coaching and technical criteria through movement demonstrations, questioning and the delivery of a coaching session for your peers.

Your results will be marked in your assessment journal on the Final Assessment pages and an outcome will be given at the end of the day. The final assessment is delivered by Parkour UK assessors rather than the tutors who delivered your course.

A 4 rank system will be employed for each criteria:

- (DA) - you have not met the standard for a particular criteria and need to develop in this area
- B - you have met the standard for a particular criteria with a small error or deficit
- A - you have clearly met the standard of a particular criteria
- Demonstrated in Prior Learning (DPL) - where you recorded an 'A' in your Provisional Status Assessment, you do not have to demonstrate this criteria and it will be recorded as prior learning. (Please note this only applies to the Technical competencies. Our qualification requires a demonstration of coaching competencies at both assessments.)

To be granted your qualification you must meet the following standard:

- At least 9 'A' or 'DPL' and at least 9 'B' or higher across the technical criteria (total available is 20). You will have 3 of attempts to demonstrate each technical criteria.
- At least 8 criteria at 'A' across the coaching criteria (total available is 13) with the remaining criteria at 'B'. You must meet criteria 1,5,7,9 & 11 at 'A'. You cannot have any 'DA.'

The tutors will take a note of your marks through the day and then assist you to enter these in your Assessment Journal and note the final score.

If the overall threshold of competent criteria is met you will be granted the qualification.

If you do not meet the minimum threshold of competent criteria you will not complete your final assessment and will be required to attend a final assessment date in the future. If the next assessment date falls outside your 12 month provisional window, you can contact Parkour UK to discuss extension.

### Questioning:

For 3 of the criteria you will be asked to demonstrate an understanding of the movement through explanation tutor questioning. The outcome of this is to make the tutor feel confident that you would be able to explain or coach the movement if you could not demonstrate it.

You can use this function to cover any movements which you cannot yet execute or demonstrate due to injury up to a maximum of 5.

The tutor questioning will take the form of a series of questions that prompt you to demonstrate cue points and an opportunity for you to explain how you would teach the movement. Questions should be specific and sample answers will be provided ahead of the face to face course.

For example: What are 3 key points for performing a wall run? When do you kick during a lache? What are the advantages/disadvantages of single vs two hand release during a lache?

## What if I have physical or learning needs that require more time for development?

Please inform Parkour UK of any needs or requests for reasonable adjustments before you attend. Parkour UK is happy to make adjustments for learning or physical needs, but must be informed of these in advance to allow preparation.

## When/how will I know if I have achieved provisional status?

The tutor will tell you on the course if you have achieved provisional status, based on the thresholds set out in the assessment journal. You will then receive an email from Parkour UK within 10 working days of your face to face course completion – at which point you can deliver coaching as a provisional level 2.

## What are the limits of provisional status?

- A provisional level 2 can coach independently under the standard ratios.
- A provisional level 2 can work with fully qualified level 1s
- A provisional level 2 cannot sign off hours for a level 1 candidates

## How long does Provisional Status last?

Provisional Status is granted for a period of 12 months from the finishing date of your face to face course.

## What happens if I don't get provisional status?

If you are not granted provisional status. You must attend a final assessment date within 12 months of the finishing date of your face to face course. This allows you to spend one year developing the skills needed to meet the criteria for final assessment.

## What happens if I do not complete the Final assessment?

If you do not complete the final assessment you will be required to attend a final assessment date in the future and will pay for a place. If the next assessment date falls outside your 9 or 12 month window, you can contact Parkour UK to discuss extension. Extensions are not guaranteed but will be considered.

## What if I'm injured before the course or assessment?

If you are injured before the course you can contact Parkour UK to discuss how much you think the injury will be a factor on your performance during the course. You can then decide to continue or to defer your place to another time. This decision is your responsibility and if you decide to continue you will still be expected to meet the criteria as prescribed.

## How can I appeal my result?

If you are in disagreement with your result please contact Parkour UK as soon as possible, and no later than 3 working days after your result to discuss an appeal. Appeals are not guaranteed to be granted.

## Under what circumstances can I get an extension?

You may be granted an extension under circumstances outside of your control such as:

- A lack of dates available from Parkour UK for you to attend assessment on time
- An injury or illness which would prevent your from attending
- Compassionate circumstances such as a bereavement

You will not be granted an extension purely on the basis that an assessment is not close to your location. Parkour UK will endeavour to offer assessments across the UK, but due to the limited number of candidates and based on demand it is expected that some travel will be involved.

## Gender differentiation:

Currently the criteria do not contain any gender differentiation. In future - for any criteria which set out a requirement that uses gender definition, the candidate may participate under the gender which they identify for the whole assessment.

# TECHNICAL CRITERIA 1-10

<b>Criteria</b>	<b>Set Conditions</b>	<b>A</b>	<b>B</b>	<b>DA - examples of common errors</b>
TC1 Standing Precision Jump	Body height in length and at waist height	Landed on forefoot, feet pointing forward, use the edge of the wall to absorb landing, stick landing.	Landed on forefoot under control, using the edge of the wall to absorb the landing	Landed on arches. Knees collapsed inward. Slipped on landing
TC2 Running Precision Jump	Body Height in length and at waist height	Smooth run up, lead with one leg and both arms raised, land on forefoot, feet pointing forward, use the edge of the wall to absorb the landing, stick the landing, chest upright throughout	Smooth run up, lead with one leg and both arms raised, land on forefoot under control, use the edge of the wall to absorb the landing,	Landed on arches. Knees collapsed inward. Slipped on landing
TC3 Bounce Off	From either jump – body height in length and at waist height	Use the edge of the wall to absorb landing, chest remains upright, head must not be directly above the wall	Use the edge of the wall to absorb landing, chest remains upright, controlled landing	Landed on arches. Knees collapsed inward. Body pitches forward during/after contact
TC4 Climb Up - demonstrate 3 techniques	Start in cat hang and finish in waist cat position	One technique must be symmetrical climb up, without chest/stomach resting on wall.	Demonstrates 3 techniques - forearms allowed	Techniques cause damage e.g. scraping on arms. Climb up does not finish in waist cat position.
TC5 Cat Leap - 2 foot landing	Body height in length, landing wall at waist height or lower	Feet contact wall first, catch position should be optimal for climb-up (slightly bent arms, not straight or close to 90 degrees at the elbow. One foot higher than the other)	Feet engage first	Hands land first. Knees make contact with wall. Only one foot used to absorb impact
TC 6 180 release from cat-leap position	Both sides – landing at distance of body height in length	Uses higher leg to push up before kicking out with other leg. No excessive leaning towards target. Stick Landing	Uses higher leg to push up before kicking out with other leg. Controlled landing	Fails to raise bottom leg. Fails to complete 180 turn
TC 7 Lache release forwards with controlled landing	To a marker - landing at distance of body height in length	Generated momentum with no additional swings, stuck landing	Can use additional swings to build momentum, makes contact with floor in precision landing position	Stays in spinal or hip extension during flight or on landing
TC 8 Lache release backwards to a controlled landing	Landing between arm's length and shoulder height from bar	Landing was soft, controlled, and stuck to a precise point	Landing was soft and controlled	Stays in neutral or hip extension after release. Falls over
TC 9 Tic-tac	Both sides- landing at distance of body height in length	Demonstrated with either controlled 2 footed landing or striding out, at set distance	Demonstrated with either controlled 2 footed landing or striding out, below distance.	Foot slips on wall. Body rotates vertically towards wall
TC 10 Demonstrate a Kong vault	Wall or railing - Waist Height	Two-footed take off (either split foot or feet together), clears wall onto feet on the other side	Two-footed take off (must be split foot), clears wall onto the other side of the wall and either movement or lands stuck on two feet.	Any part of body other than hands makes contact with obstacle. Spinal extension during movement

# TECHNICAL CRITERIA 11-20

<b>Criteria</b>	<b>Set Conditions</b>	<b>A</b>	<b>B</b>	<b>DA - examples of common errors</b>
TC 11 Demonstrate 2 different vaults	Candidate choice/all vaults both sides	Could demonstrate ambidextrously, no additional steps on entry and exit	Could demonstrate ambidextrously	Lacks ambidexterity. Stutter steps on approach
TC 12 Demonstrate an ability to combine movements fluidly	Over multiple obstacles	Combined 6 movements, at least 4 unique	Combined 4 movements, at least 3 unique	Pauses between movements
TC 13 Balance	Walk 10m on a rail. At midpoint, move to waist and back to feet on the rail	Completed without falling, feet stayed parallel to bar throughout (except when moving to waist)	Completed without falling	Feet turned in. Loses balance
TC 14 Drop and roll	Waist height, both sides	Roll demonstrated good form, no pause between landing and roll, both sides	Roll demonstrated good form, no pause between landing and roll	Pauses between drop and roll. Head makes contact with floor Does gymnastic forward roll instead
TC 15 Engaged with mentally challenging movements	Learner-led selection of techniques	Engaged with fear close to limit of physical capacity	Engaged with fear comfortably within physical capacity	Refuses to engage with challenges. Tries something way beyond their capabilities
TC 16 Flick up from waist position to standing on the edge of a wall.	Both feet land at same time	Simultaneous hand release with clean landing (on edge as if sticking a jump)	Simultaneous hand release	Second foot doesn't leave wall until after first has landed on top
TC 17 3 Different Quadrupedal Movement x 10m each,	In both directions (total 60m)	Without pausing, correct form for each movement	2 pauses allowed, correct form for each movement	Hips too high on standard QM. Doesn't demonstrate same form on each side
TC 18 Demonstrate 10 push-ups	Chest touches the floor and the body remains straight	Completed with no pauses, maintaining form	Completed with some pauses at the top of the movement, maintaining form	Limited ROM. Flared elbows
TC 19 Demonstrate 10 squats	Hip crease below parallel, feet remain flat, knees point in direction of feet	Completed with no pauses, maintaining form	Completed with some pauses at the top of the movement, maintaining form	Valgus collapse. Heels lift off floor
TC 20 Demonstrate 2 pull-ups	Chin over bar, legs and spine stay straight	Completed full ROM, maintained form throughout.	Completed full ROM with some loss of form	Limited ROM. Excessive spinal extension. Uses legs for momentum

# COACHING CRITERIA 1-7

<b>Criteria</b>	<b>A</b>	<b>B</b>	<b>DA</b>
CC1 set up equipment safely and effectively and conducted required health and safety checks	Area is free from major hazards or likely causes of injury – students are made aware of any minor hazards or other factors that will affect their movement (e.g. slippery/unstable surfaces)	Area is free from major hazards or likely causes of injury	Obvious trip hazards, unstable equipment or obstacles inappropriate for task
CC2 developed a session plan that is well planned and technically accurate	Plan met session objectives, was appropriate for the number of learners and their skill level, and was logistically sound for the venue. The plan also contained enough detail that it could be delivered by a coach of similar experience in the same venue.	Plan met session goal and contained enough detail that it could be delivered by a coach of similar experience in the same venue.	Plan lacks key details
CC3 delivered introduction to the session including planned outcomes and participant ownership of this.	Session introduction stated the goal of the workshop and how the session would help the students achieve that objective.	Session introduction stated the goal of the workshop	Introduction didn't include session goals
CC4 delivered an engaging session where participants are positive and motivated.	Coach checked in with all students during the class, gave feedback and checked that the learners had something appropriate to work on. All students fully engaged with the session	Coach checked in with some students during the class, gave feedback and checked that the learners had something appropriate to work on. Most students fully engaged with the session	Coach sounds bored, hands in pocket. Students don't engage with tasks
CC5 delivered a session where all participants interact and have plenty of opportunity to be involved.	Students had close to as many attempts at each element as was feasible. The session offered ways to minimising queue/wait times, and provided multiple challenges of varying levels where appropriate.	Students had multiple attempts at each element. Learners spent more time practicing than waiting (unless the station requires significant recovery times).	Students spend too much time waiting, only try things once
CC6 delivered a session that includes decision making for participants.	Students had some meaningful decisions to make during the class that provided genuine options (e.g., choosing a fear-based option or a skill-based option, or choosing to work on strong side vs weak side, etc...)	Students had some decisions to make during the class	No decision-making, everything is dictated
CC7 delivered a session using technically accurate demonstrations and explanations when required.	Demonstrations were very accurate, explanations had no relevant omissions. Any demonstration mistakes were highlighted and either repeated without a mistake, or remedied with an accurate technical explanation.	Demonstrations were largely accurate, explanations may have had small technical omissions	Inaccurate explanation or feedback, unable to answer elementary questions



# COACHING CRITERIA 8 – 13

<b>Criteria</b>	<b>A</b>	<b>B</b>	<b>DA</b>
CC8 provided the opportunity for the group and individuals to be stretched (physical/technically/mentally).	All students were stretched by session content (with up to one exception)	Most students were stretched by the session content.	Content was too easy or too difficult
CC9 analysed participant performance, providing timely support and constructive feedback (group and individual).	All students received support, feedback, and encouragement. Coach delivery was sensitive to the student's level of focus, mood, and engagement.	Most students received support, feedback, and encouragement	Fails to give or facilitate feedback for most students
CC10 demonstrated time management for session and group, moving activities on at appropriate times.	Session was completed within a minute of allotted time, appropriate time was spent on all elements of plan (any deviations had a justifiable reason).	Session was completed within 10% of allotted session time. Meaningful time was spent on most class elements.	Finishes more than 10% outside the time e.g. sub 27 or above 33 minutes for a 30 minute session
CC11 maintained group control, and ensured a safe and positive environment at all times.	No control or safety issues arose, class atmosphere was positive throughout.	Group largely stayed focused. No significant issues arose.	Foreseeable injuries not addressed/prevented or assessor has to alter session to prevent significant injury risk
CC12 demonstrated a range of communication skills relevant to session, group and individuals (verbal/non-verbal).	Communication with the students was highly effective and served to increase participant engagement, rapport, and where needed, technical ability.	Multiple communication methods were used. Communication was mostly clear and appropriate.	Minimal variety in communication skills, coach seems disengaged and does not make an effort to communicate with the group in a number of ways
CC13 concluded the session by reviewing main outcomes and providing group and individual feedback.	Session conclusion stated the goal and outcomes, student feedback was also presented.	Session conclusion stated the goal and/or outcomes.	Ends sessions without review



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