



PARKOUR ACADEMY featuring



WEEKLY ASSIGNMENTS: **WEEKS 1/3** MONTH: **April** YEAR: **2017**

Lesson Plans in Columns below per recommended Class Age Groups.

<u>ParKidz 3-5</u>	<u>ParKidz 5-8</u>	<u>ParKidz 8-12</u>	<u>Parkour Academy 13-17/Adult</u>	<u>Parkour Academy Level 6+/ Advanced Adult</u>
<p>10 mins Warm – up (select a 'game' from the kids section on the 'add-ons' document:</p> <ul style="list-style-type: none"> • Color Game • Animal Warm up 	<p>10 mins Warm – up (select a 'game' from the kids section on the 'add-ons' document:</p> <ul style="list-style-type: none"> • Color Game • Animal Warm up 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document:</p> <ul style="list-style-type: none"> • Parkour Scrabble • Obstacle Addition 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document:</p> <ul style="list-style-type: none"> • Parkour Scrabble • Obstacle Addition 	<p>10 mins Warm – up (select a 'game' on the 'add-ons' document:</p> <ul style="list-style-type: none"> • Parkour Scrabble • Obstacle Addition
<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Movement- Train basic jumping skills, over or onto small object • Long Obstacles course - through as many areas of the gym possible. <p>-Blocks, beams Include a trampoline jump or foam pit if possible.</p>	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Long Obstacles course - through as many areas of the gym possible. <p>Vaults, walls, bars. Include a trampoline jump if possible.</p> <ul style="list-style-type: none"> • Movement –Hot lava distance challenge. Set up a short course, can be mostly low to ground. Each round increase distance between obstacles. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Long Obstacles course - through as many areas of the gym possible. <p>Vaults, walls, bars. Include a trampoline jump if possible.</p> <ul style="list-style-type: none"> • Movement –Hot lava distance challenge. Set up a short course, can be mostly low to ground. Each round increase distance between obstacles. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Long Obstacles course - through as many areas of the gym possible. <p>Vaults, walls, bars. Include a trampoline jump if possible.</p> <ul style="list-style-type: none"> • Movement – Hot lava distance challenge. Set a short course, can be mostly low to ground, each round increase distance between obstacles. 	<p>15 mins Broad Skill Development – Focus is on fun and creative activities. Choose 1:</p> <ul style="list-style-type: none"> • Movement – Advanced Ninja – Half pipe attack or other combination of traversing ropes to, and from platforms, bars and steps. • Long Obstacles course - through as many areas of the gym possible. <p>Vaults, walls, bars. Include a trampoline jump if possible.</p>
<p>15 mins Floor Practice</p> <ul style="list-style-type: none"> • Hot Lava running and jumping across flat objects • tuck jumps, one foot hops, ghost steps • forward rolls, backwards rolls 	<p>15 mins Floor–</p> <ul style="list-style-type: none"> • Strides, Precisions, Plyos • tuck jumps, one foot hops, ghost steps • Quint steps • Shoulder rolls, Dive rolls 	<p>15 mins floor</p> <ul style="list-style-type: none"> • Strides, Precisions, Plyos • tuck jumps, one foot hops, ghost steps • Quint steps • Shoulder rolls, Dive rolls 	<p>15 mins Floor –</p> <ul style="list-style-type: none"> • Strides, Precisions, Plyos • tuck jumps, ghost steps • Quint steps • Shoulder rolls, Dive rolls, front flips 	<p>15 mins Floor</p> <ul style="list-style-type: none"> • Strides, Precisions, Plyos • tuck jumps, ghost steps • Cheat Gainer
<p>15 mins Walls –</p> <ul style="list-style-type: none"> • Running, jumping, and climbing over blocks and panel mats • wall run for height mark with chalk 	<p>15 mins –Walls</p> <ul style="list-style-type: none"> • Wall run to splat, and or hang • Tick tack • Wall runs increased height, drop down height increased. 	<p>15 mins – Wall</p> <ul style="list-style-type: none"> • Wall run to crane • Running Cat • Wall runs increased height, drop down height increased. 	<p>15 mins Wall–</p> <ul style="list-style-type: none"> • Wall run to crane • Running Cat • Wall runs increased height, drop down height increased. 	<p>15 mins Walls</p> <ul style="list-style-type: none"> • Running wall pop up 360 • Cat 180 • Wall flips, 2 step wall flips
<p>5 mins Cool Down - Free Play</p>	<p>5 mins Cool Down - Free play Zombie tag (Citizenship / respect Add On)</p>	<p>5 mins Cool Down - Stretches and slow holds (Citizenship / respect Add On)</p>	<p>5 mins Cool Down - Stretches and slow holds (Focus & Control Add On)</p>	<p>5 mins Cool Down - Stretches and slow holds (Focus & Control Add On)</p>