










Planning my Parkour

During the process		Final Production	
Name of the apparatus	Indicate the level succeeded (1,2,3)	Indicate the level chosen (1,2 out 3)	Name of the apparatus
1-Vaulting Box 	1-1 foot 2-sideways 3-feet apart		
2-Timber bench 	1-left to right 2-feet apart 3-feet together		
3-Mattress 	1-2steps 2-1 step 3-none		
4-Parallel bars 	1-under 2-hands/feet 3-hands		
5-Beam (over) 	1-sideways 2 hands 2-sideways 1 hand 3-feet together		
6-Beam (under) 	1-rolling 2-on the stomach 3-on the back		
7-Springboard and gate 	1-feet close 2-feet apart 3-360 turn		
8-Climbing frame 	1-forwards 2-sideways 3-turning		
9-Floor ladder 	1-forwards 2-sideways 3-left to right		
10	1 2 3		
Total (Difficulty level)			

Evaluation of final Parkour

ATTEMPT		Respects the plan			Fluid and continuous movement		
1	Judge	+	+-	-	+	+-	-
	Me	+	+-	-	+	+-	-
2	Judge	+	+-	-	+	+-	-
	Me	+	+-	-	+	+-	-

After your final attempts at the Parkour, evaluate some of the aspects of the process

PROCESS				EXPLANATION			
During the learning							
<ul style="list-style-type: none">My planning	+	+-	-				
<ul style="list-style-type: none">My work ethic	+	+-	-				
Safety							
<ul style="list-style-type: none">For others	+	+-	-				
<ul style="list-style-type: none">For me	+	+-	-				
Final production							
<ul style="list-style-type: none">My evaluation of a peer	+	+-	-				
<ul style="list-style-type: none">My level of engagement	+	+-	-				
<ul style="list-style-type: none">My choice of difficulty level	+	+-	-				

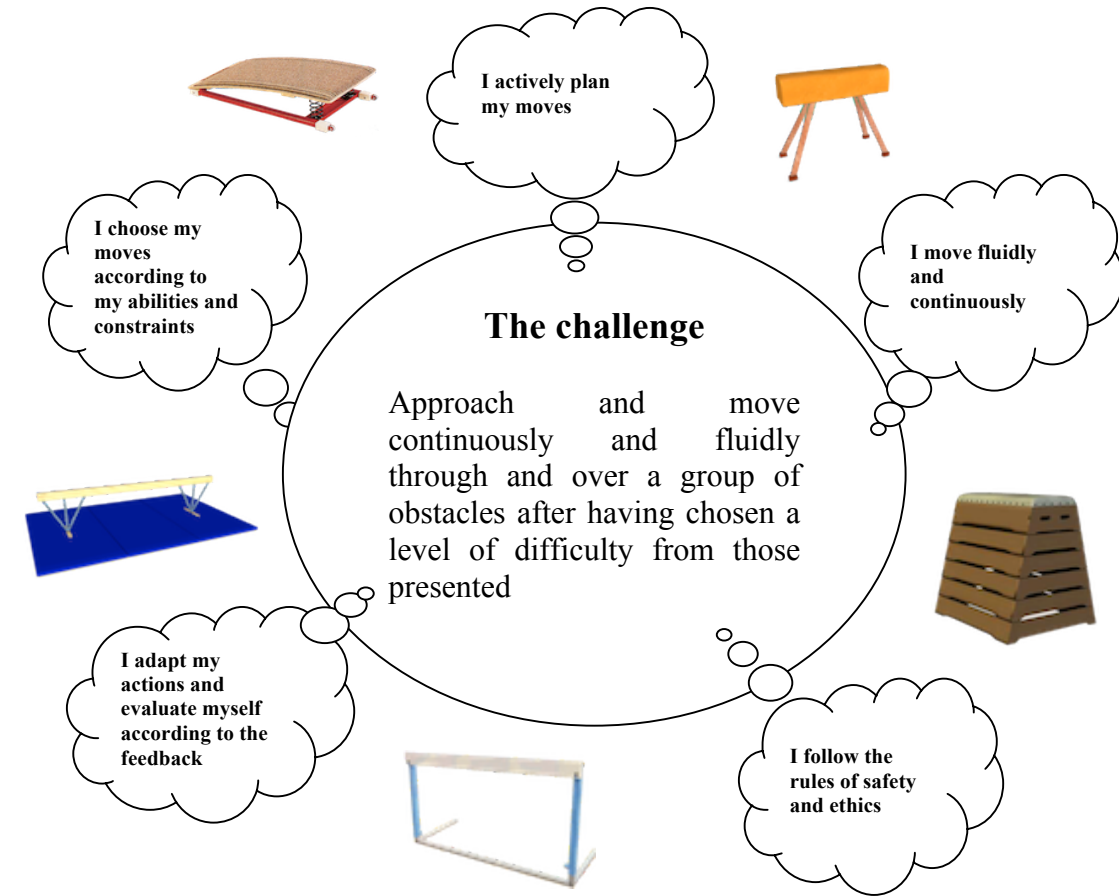
How would you score yourself in Movement in a Parkour? A B C D

This section is reserved for the teacher

Evaluation Criteria	Mastery of the Learning						
	Skills		Principles of balance				a
			Principles of coordination				b
			Principles of locomotion				c
	Safety		Performs exercises in a safe manner				
Life skills		Respects the equipment				d	
		Surpasses himself/herself				e	
			Coherence of the planning	Effectiveness of the execution			Relevance of the self-evaluation
To perform movement skills in different physical activity settings	Respects the safety rules	Demonstrates behaviour consistent with ethical rules Ethics (d, e))	Plans according to the situation and his/her abilities	Difficulty level	Executes the planned sequence	Executes moves smoothly and continuously (a, b, c)	Evaluates his/her process and results
Name:							

Legend: + +- -
Final score: _____

Movement in a Parkour



A Few Learning Elements

- **Knowledge:** Keep your balance, learn safety rules and learn about culture
- **Skills:** Approach, climb and move over obstacles, jump over an obstacle using a trampoline
- **Life skills:** Respect for material and surpassing yourself
- **Culture:** The origins of Parkour

NAME: _____ GROUP: _____