



Equipment	Chosen obstacles
Learning Outcome	Demonstrate teamwork skills, organize a parkour course, and develop cardiovascular and strength endurance.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other. Clean or sanitize the equipment before and after the activity.

## Flipped Classroom Strategy (Optional)

A flipped classroom is an instructional model where direct instruction is delivered to students *outside of and before* instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, create a video or written instructions to share with students introducing or reviewing the discipline of parkour. Share that parkour developed from military obstacle course training. Participants aim to get from one point to another without any assistive equipment and in the fastest amount of time. Parkour can include running, jumping, swinging, climbing, rolling, crawling, and other movements. Parkour involves analyzing the environment, and creating different ways to move around, across, through, over, and under the various obstacles on the course. Encourage students to watch [10 Beginner Parkour Exercises](#) and to try the exercises in a safe space available to them. Share with students that safety is an important consideration when trying all of the exercises.



## Activity Description

If utilizing a flipped classroom approach, review the exercises that students tried from the video. Discuss other ideas for movements as well. If not utilizing a flipped classroom, introduce or review the discipline of parkour with students. Share that parkour developed from military obstacle course training. Participants aim to get from one point to another without any assistive equipment and in the fastest amount of time. Parkour can include running, jumping, swinging, climbing, rolling, crawling, and other movements. Parkour involves analyzing the environment, and creating different ways to move around, across, through, over, and under the various obstacles on the course. Watch [10 Beginner Parkour Exercises](#) and have students try the exercises in a safe space.

Review safety considerations with students before beginning the activity. Bring students to an area where they can utilize different parts of the environment as obstacles (i.e. benches, railings, steps, ramps, etc.) or set up obstacles in an available area. Divide students into groups of 2-3 participants. Assign each group an area that includes various obstacles that can be utilized. Each group works to develop a parkour challenge within their given area. Alternatively, groups can use the entire area but need to be mindful of other groups as they plan their course. Be sure to share with students that participants can choose to how they move through the course but organizers develop where they move within the course.

Provide students with time to plan and test their parkour course and then have groups present their course and other students move through the course utilizing different parkour exercises.

## Physical Education Competencies



### MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



### THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



## Reflection Questions

Reflection is important to support learning during physical education. Consider asking students the reflection questions below and discuss the answers together.

- Which parkour exercise did you enjoy the most? Which was the most challenging?
- How can parkour change the way you see the environment around you?



## Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S	Space	T	Task	E	Equipment	P	People
	Reduce the number of obstacles within the area.		Students move through the parkour courses utilizing movements that are an appropriate developmental level.		Students use the required equipment for them to complete the activity successfully.		Students move through the course with a partner following the moves that their partner makes.



### Observing Learning Outcomes

Sample questions to observe learning outcomes include:

- Is the student able to successfully work with team members in a way that demonstrates positivity and support to the group?
- Does the student demonstrate creativity and engagement when organizing their parkour course?
- Does the student demonstrate a beginner to intermediate level of proficiency for the different parkour exercises?

### Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[Ultra Obstacle Challenge](#)