

# PE – KS3 – PARKOUR

## A INTRODUCTION TO PARKOUR

1	What is parkour?	Parkour or freerunning is a non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping and climbing.
2	Where did parkour originate from?	France.
3	Who is credited for creating parkour?	David Belle.
4	What is a traceur?	A practitioner of parkour.

## B KEY TERMINOLOGY

1	Parkour Roll	Similar to the roll used in grappling martial arts. The body is rolled across the ground shoulder first, ending at the opposite hip.
2	Wall Pass	Technique involving running toward a wall and then converting the forward momentum into a jump. A wall pass involves taking one or more running steps up a vertical surface and catching on the top with your hands in order to pull yourself up and onto or over the obstacle.
3	Wall Run	A run along the top of wall.
4	Tic Tac	A technique where the traceur pushes of one object with their foot to gain height and reverse momentum in order to overcome another obstacle.
5	Underbar	A move where the traceur jumps feet first through an opening and grabs a bar at the top to aid them through.
6	Reverse Underbar	Same as underbar, except the body goes through hands first, then turns so the feet can land first.

## C TYPES OF JUMP

1	Cat Jump	A jump where the traceur lands with their hands on the top of an obstacle and their feet on the obstacle.
2	Precision Jump	A jump where a traceur lands on a precise surface like a rail, or wall ledge. Generally refers to a standard standing broad jump technique. Both legs jump together and the arms swing forward to help initiate forward momentum.
3	Gap jump	Any jump that clears a gap between two objects.

## D TYPES OF VAULT

1	Vault	Any jump that incorporates the use of the arms to overcome the obstacle.
2	Cat Pass/Monkey/Kong Vault	A vault where the body passes over the obstacles with the legs in between the arms. This is called a squat over vault in gymnastics. One of the most versatile vaults; excellent for clearing long and high objects and getting extra distance.
3	Two-Handed Vault	Two hands are placed on the obstacle and the legs come over to the side. Known as a flank vault in gymnastics. This is a very simple vault and is often used to introduce beginners to some of the more advanced vaults.
4	Single-Hand Vault	Same as two-handed vault, but only one hand is placed on the obstacle. Also called a flank vault in gymnastics.
5	Speed Vault	A variation of the single-hand vault, but as the name implies the key to the speed vault is speed. The form is similar to a hurdle over an obstacle, but with the body leaning sideways and the hand tapping the obstacle as you go over.
6	Reverse Vault	A vault where the body turns over behind the hands completing a 360 over the obstacle.
7	Dash vault	A vault where the traceur jumps over the obstacle and puts their hands down as their legs pass the obstacle to help push them off.

## E LINKS TO THEORY

1	Balance	<ul style="list-style-type: none"> <li>The ability to keep a body's centre of mass over its base of support.</li> <li>A traceur would need balance when performing any vault or jump to ensure they do not fall off and injure themselves when they land.</li> </ul>
2	Agility	<ul style="list-style-type: none"> <li>The ability to change direction at speed.</li> <li>A traceur would need agility to quickly move from left to right and up and down as they meet their next obstacle.</li> </ul>
3	Flexibility	<ul style="list-style-type: none"> <li>The range of movement (ROM) at a joint.</li> <li>A traceur would need flexibility in their joints to be able to move freely around obstacles, jumping up high and bending down low.</li> </ul>
4	Joint	<ul style="list-style-type: none"> <li>A place where two or more bones meet.</li> </ul>
5	Ball & Socket joint	<ul style="list-style-type: none"> <li>Found in the hip and shoulder. It allows movement in almost every direction.</li> </ul>
6	Hinge joint	<ul style="list-style-type: none"> <li>Found in the knee and elbow. It allows allowing bending (flexion) and straightening (extension) only.</li> </ul>
7	Flexion	<ul style="list-style-type: none"> <li>Bending a joint. This occurs when the angle of a joint decreases. For example, the knee flexes when the traceur lands from their jump.</li> </ul>
8	Extension	<ul style="list-style-type: none"> <li>Straightening a joint. This occurs when the angle of a joint increases, for example when a traceur reaches up at from the elbow to grab a bar.</li> </ul>