

Session 12 Parkour – Stockholm Barnidrottsförening

Theme: Demonstration Session / Parents participation

Objectives

Beginner

Intermediate

Advanced



Demonstration to the parents

Demonstration to the parents

Free training

Focus

We want the students to choose what they want to work on, the leaders are supposed to be here to help and advice them

Remarks

- Try to get the parents to join the session with their child in order for them to try the exercises we went through during the term.
- Do not forget to give the diplomas and cookies to all the students.