

Session 4 Parkour – Stockholm Barnidrottsförening

Theme: Special Parkour journeys

Objectives

Beginner



Build a journey mixing balance, techniques, climbing, jumps, and anything else you can think about

Propose to the students challenging games/journeys (ninjas, in the dark, blindfolded, crawling, by pairs, floor is lava, tag game..)

Intermediate



Same as for beginners, but with some extra difficulties/ challenges

Advanced



*Creativity session
We want the students to be working in groups and to come up with their own journey that they will introduce to the rest of the group by following each others. We also want the kids to come up with games of their own*

Focus

It is a fun session, we focus a bit less on techniques and more on entertainment

On creativity and fun exercises (rope swing for example)

The obstacles can be fixed by the leader (helped with the students), but we want the kids to really try their best to be creative and imagine their own game/ journey

Remarks

- We want to have a small break with technical sessions, it's usually a good way to make the kids closer to each others.
- Try to participate in the games instead of just being a spectator.
- For the one having their sessions in the end of the afternoon, when the sun starts going down, the "lights off" journey is usually working great. But don't forget, try to bring a small torch light at least for the first minutes (time for our eyes to get used to the darkness) in order for the kids not to fall on balancing exercises.