



Month 1—Game Sense

Module 1: Intro to Parkour and Parkour History

- Introduction to PKV and its relationship to parkour
- Introduction to the basics of parkour movement

Module 2: Intro to Coaching Children

- Practicing age appropriate skills and progressions
- Identifying age groups PKV works with and observations around how to communicate differently
- Games and youth

Module 3: Intro to Adult Training

- How working with adults differs from youth
- Practicing age appropriate skills and progressions
- Modifying movements to accommodate varying impact thresholds

Module 4: Coach Persona and Mentorship

- Discussing personal identity and movement representation
- Comfort zones as a coach and mover
- Defining yourself as an educator
- Developing a philosophy and mindset



Month 2—Mechanics

Module 5: Body Mechanics

- Mechanics of running and jumping
- The continuum of momentum and power
- What impact looks like on our bodies
- Preparation/recovery

Module 6: Ukemi

- The Falling Continuum
- Importance of ukemi as a practice
- Practical applications for ukemi outside of parkour

Module 7: Breaking the Jump—Cognitive Aspects of Movement

- How fear affects the body
- Methods for navigating fear
- Discerning when to commit and when to bail
- Ukemi practice

Module 8: Exploring your Environment

- What is freerunning
- Expression of self through movement
- Movements as shapes
- “Parkour vision”
- Musicality of movement
- Discussion of mindset



Month 3—Competency

Module 9: Safety and First Aid

- Learning first aid protocols
- General safety protocols for outdoor teaching
- Class management during injuries and crises

Module 10: Social Advocacy

- Respecting our spaces, students, and training partners
- Leave No Trace/Net Zero Philosophy
- Parkour through a lens of critical analysis on race, sex, class, etc.

Module 11: Lesson Planning and Coaching Practice

- Warming up and cooling down
- Model of a lesson plan and deconstruction of creation process
- Trainees begin brainstorming their own lesson plans

Module 12: Coaching Practice

- Application of Modules 1–12 in mock lessons
- Reflection on Modules 1–12