Teaching Parkour Sports in School Gymnastics

By Sascha Rochhausen

Genre : Study Aids

Release Date : 2011-08-31

Teaching Parkour Sports in School Gymnastics by Sascha Rochhausen is Study Aids Parkour Sports combines the trend sports of parkour, freerunning and parcouring. All of these disciplines are founded on moves derived from classic gymnastics skills, which makes them eminently suitable for school sports classes. The exercises are motivational and offer scope for spontaneous variation, while the moves themselves are creative and dynamic. Since parkour is gaining steadily in popularity outside the school arena, it is all the more important that schools provide pupils with a safe and methodical learning framework, to prepare them adequately for real-life urban conditions. This handbook has been conceived as a practical guide, for which reason, all the practice movements covered are illustrated with photo sequences. Sports teachers and trainers will find that the moves contained in this book are presented and explained in a clear and easy to understand manner and require a minimum of prior preparation. Over and above this, each move is introduced with the same systematic methodology, including warm-up exercises, a game segment, and a relaxation phase. The book contains a total of seventeen complete sample lessons, all of which have been tested in actual sports lessons. Additional materials are available from the Internet, at: www.parkoursport.com. 17 sample lessons covering all moves encountered in the range of parkour disciplines 458 illustrations 33 sketches

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By: Wonderlic Exam Secrets Test Prep Team
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By : Sapiens Editorial
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**Insights on Larry Olmsted’s Real Food/Fake Food by Instaread**

By : Instaread
Real Food/Fake Food: Why You Don’t Know What You’re Eating and What You Can Do About It is an investigative overview of the food industry’s often intentional efforts to mislead consumers about the origin and identity of the products that they eat. Author Larry Olmsted highlights the most outrageous examples of food frauds perpetrated upon the American people and offers recommendations for ways that consumers can reclaim their grocery bags and fill their dinner plates with foods they can trust... Get an Overview, Key Insights, Commentary and more! Download now!
Parkour, martial arts, and I include wrestling in that, and a host of other sports shouldn’t be taught at schools. There is a massive liability, the people teaching it are often not passionate about it. A school decided that tomorrow they were going to teach parkour, who do you think they’d get to teach it? The phys ed teacher. I know in my kids’ school, the PE teacher is not going to teach the kids parkour, he’s going to teach something so watered down, tell the kids it is parkour and turn a lot of children off to a really amazing activity. 41 views. Related Questions. Is it safe to learn...