

# EXTREME SPORTS

## Lesson Plan

### Parkour Observer

Lesson Plan for *Parkour*

Grade 4

#### Objective

To help students practice interpreting information in a variety of formats by using an infographic about parkour moves to identify those moves in a short video clip.

#### Things Needed

- *Parkour* book
- Access to the “Parkour” web page on the Pop! website:  
<https://popbooksonline.com/extreme-sports/parkour>
- Pencils and paper

#### Before the Activity

Have students read the *Parkour* book. Open the “Parkour” web page in your internet browser and pull up the “Watch a Video” tab.

#### Activity

Have students turn to the infographic on page 23 of the *Parkour* book. This infographic shows six common parkour moves. People use these moves to get past different kinds of obstacles. As an example, play the video from the Pop! website for students and have them look carefully to see which of the moves from the infographic it includes. Then, have students write the numbers 1 through 6 on a sheet of paper. Explain that you will play the video again. This time, students should list the moves in the order they appear in the video. Some moves from the infographic will be used more than once. Others will not be used at all.

Give students a few minutes to finish writing their answers. Then, play the video one more time, pausing to point out each move:

1. tic-tac (0:02)
2. precision jump (0:05)
3. wall run (0:08)



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4. cat leap (0:09)
5. precision jump (0:15)
6. vault (0:19 & 0:21)

Students can check their answers as you go, writing the number of correct answers at the top of the paper. Then, they should turn to a neighbor and discuss the following questions:

- Which parkour move looks the hardest?
- Which move do you think would be the most fun to do?

### **Evaluation**

Could students correctly identify the moves from the infographic in the video? Were they able to discuss the questions about parkour moves with a neighbor?

### **Standards**

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 4 (RI 4.7), and speaking and listening standards, grade 4 (SL 4.1).

