

Map Activity

Follow the instructions to complete the activity.

NAME

DATE

Using the information on pages 24–25 of the book, fill in the blanks with the name of the parkour course found at each location. Use information found in the book and research online to briefly explain why each location is important or unique.



1

2

3

4



Extreme Adrenaline
Parkour

Reference: Pages 24–25

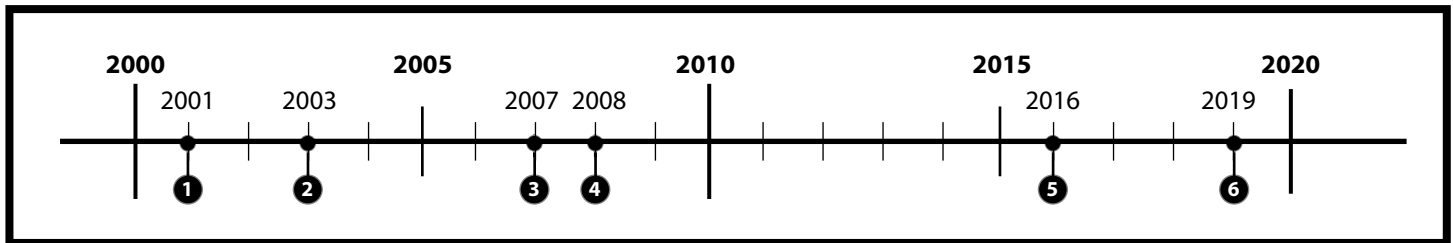
Timeline Activity

Follow the instructions to complete the activity.

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Number the events below in the order they would appear on the timeline. Write the number in the box beside each event.



Vienna, Austria, hosts the first Red Bull Art of Motion Championship.

The World Freerunning Parkour Federation is formed.

Great Britain is the first country to officially recognize parkour as a sport.

The Red Bull Art of Motion Championship is held on water for the first time. Competitors demonstrate their skills on a course made using two yachts in a harbor in Athens, Greece.

A film about the Yamakasi is released in France, bringing attention to parkour.

Great Britain's Channel 4 produces a documentary, *Jump London*, about freerunner Sébastien Foucan.



True or False

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Using the information in *Parkour*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1

Traceurs may parkour in nature, using rocks and trees.

☐

True

☐

False

Page
Number

Statement 2

Parkour students first learn how to vault and twist. Then, they move on to running and jumping.

☐

True

☐

False

Page
Number

Statement 3

In Georges Hébert's training routine, soldiers completed obstacle courses instead of regular exercises.

☐

True

☐

False

Page
Number

Statement 4

One element in parkour competitions is speed, or how quickly movements are performed.

☐

True

☐

False

Page
Number

Statement 5

Athletes can approach companies and ask if they would like to sponsor them.

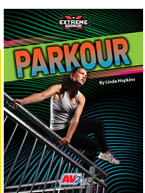
☐

True

☐

False

Page
Number



Extreme Adrenaline

Parkour

Reference: All Pages

Page
1 of 3

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LEARNING

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Fill in the Blanks

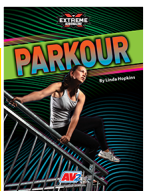
Follow the instructions to complete the activity.

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Use the information found in *Parkour* to fill in the correct words and complete each sentence.

1. Parkour comes from the French word *parcours*, which means “.”
2. The execution score means that athletes will likely lose points by performing moves that they are not comfortable doing.
3. Sponsors are always looking for new athletes to -building activity.
4. The Yamakasi needed no special equipment. The obstacles they overcame were they came across in their town.
5. Traceurs do not need any special .
6. Traceurs should be careful not to on private property while they are doing parkour.



Using information from the book, select an answer from the right and write the letter in the box beside the statement.

1.

Mardin, Turkey, hosted the World Parkour Championship in this year.

A. 2019

2.

In 2009, more than this many athletes in 35 countries took part in an event called "One Giant Leap."

B. 2018

3.

In 2019, Dominic Di Tomasso somersaulted down a set of this many stairs spanning 20 feet (6 meters) in Lyon, France.

C. 2007

4.

Sydney Olson won at the Red Bull Art of Motion Championship in this year.

D. 3,500

5.

Sydney Olson won at the Red Bull Art of Motion Championship in this year.

E. 25



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

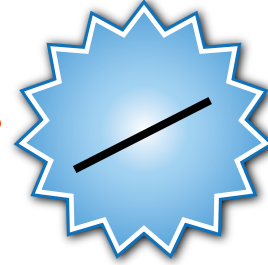
NAME

DATE

KEY WORDS

certified	martial arts
courage	obstacle
discipline	techniques
execution	vaulting
flexible	versatility

Your Score is



=

%

1.

a thing that blocks one's way

2.

adaptable to many different functions or activities

3.

jumping quickly onto or over something

4.

bravery in the face of fear

5.

particular or special ways of doing something

6.

the style or manner in which something is accomplished or performed; technique

7.

officially recognized as qualified or meeting certain standards

8.

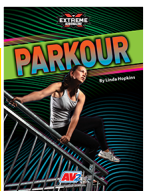
forms of combat and self-defense, such as karate and judo, that are widely practiced as sport

9.

an activity that provides mental or physical training

10.

able to be bent easily without breaking



Extreme Adrenaline

Parkour

Reference: All Pages

Quiz

Test your knowledge by answering these quiz questions.

NAME

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- 1 What are people who do parkour called?
- 2 What was the name of the group started by David Belle and his friends?
- 3 In what year was the first Red Bull Art of Motion Championship held?
- 4 What is the most important piece of clothing for a traceur?
- 5 Where can parkour be done?
- 6 What are the four elements that are judged in a parkour competition?
- 7 What does a traceur need to turn pro?
- 8 Which extreme sport is known as FreeG?
- 9 Where is the largest parkour course in the world?
- 10 Who has won the Red Bull Art of Motion Championship three times in a row?

