INFORMATION TRANSFER – PARKOUR (LS 3.1.2)

Lately, more people have been taking up parkour as a hobby. Parkour is a type of physical training. People find parkour very challenging and fun. It is similar to freerunning, but there are differences. While freerunning has fancy flips and stylistic acrobatics, parkour is more practical.

Parkour was created by David Belle. He said the primary development of parkour came from time spent with his father, Raymond Belle. Raymond was a child soldier in Vietnam. As part of his training he had to complete obstacle courses called 'Parcours'. The sport develops one's ability to overcome both physical and mental obstacles. Parkour also helps you to gain strength, longetivity, self-improvement and self-understanding. The aim of parkour is to get from one point to another in a complex environment. Unlike other sports such as football, you have to do parkour without any assisting equipment in the fastest and most effective way possible.

Parkour includes running, climbing and other movements most suitable for the situation. However, take note that the general rule in parkour when climbing is "don't climb higher than you can jump down". The activity can either be practised alone or with others. It is usually done in urban spaces. Parkour can be done in rural spaces too, but it is rare.

If you are an active person looking for a challenge, try out parkour.

Complete the following table.
Choose no more than three words and/or a number from the text for each answer.

Name of hobby	1	
Type of training	2	
Parkour movements	3	
	4	
Abilities improved or gained from this activity	5	
	6	
	7	
	8	
Spaces where this activity is usually carried out	9	
Creator	10	

LIVEWORKSHEETS