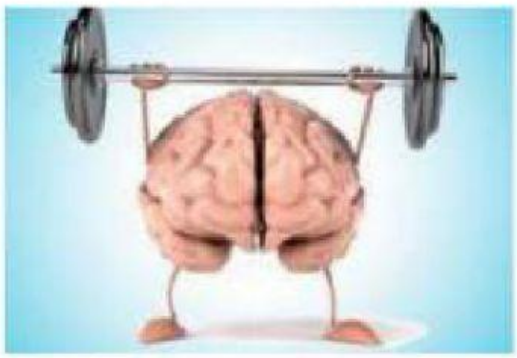
PARKOUR FOR BEGINNERS

Let's start:

1. **Prepare your mind.**

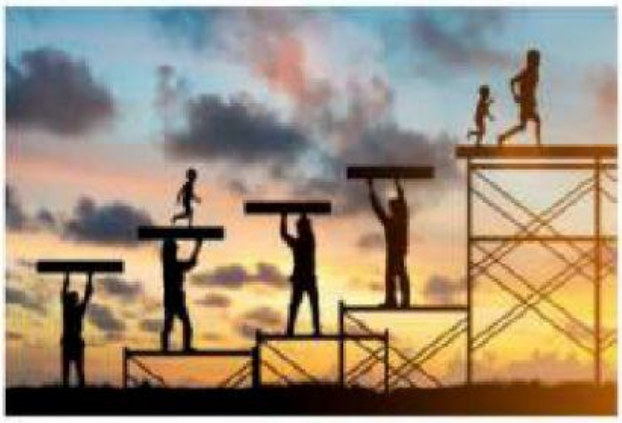


Calm down — Relaxa't

Be positive — Sigues positiu

Don't take too many risks — No prenguis massa riscos

2. **Get in shape progressively.**



Warm up — Escalfa

Cool down — Refreda

Don't get injured — No et lesionis

3. **Be creative.**



Dont' worry — No t'amoinis

Try different movements — Prova moviments diferents

Enjoy — Gaudeix

LIVEWORKSHEETS

4. Learn new skills.



Vaulting — Voltejar



Jumping — Saltar



Falling — Caure



Climbing — Escalar

LIVEWORKSHEETS

Don’t do that … Warning!



https://www.youtube.com/watch?v=0Kvw2BPKjz0&t=84s

Working out indoors…

LIVEWORKSHEETS



https://www.youtube.com/watch?v=xJJEzresLS4&t=250s

Working out outdoors …



https://www.youtube.com/watch?v=nU5zILPvD8w

LIVEWORKSHEETS

Equipment inside the gym

➢ Drag the names to the correct image.















Plinth

Mat

Step

School buck

Wall bars

Swedish benches

Scene

LIVEWORKSHEETS

LIVEWORKSHEETS