



BENEFITS OF PARKOUR

par·kour /pär koor/

a physical discipline that promotes healthy, functional movement and builds on the natural movement patterns and exploration that emerge as children develop -- running, climbing, crawling, jumping, swinging and hanging, vaulting. Through guided activities, self-exploration and collaborative games, practitioners move from Point A to Point B overcoming obstacles along the way.



Physical

strength, mobility, agility, balance, spatial awareness and motor planning -- the ability to remember and execute movements efficiently and effectively.



Cognitive

cognitive flexibility, spatial awareness and perspective-taking, problem-solving, mental strength and concentration, attention, recall and pattern recognition, creativity.



Social/Emotional

communication skills, collaboration, independence, self-esteem, confidence, competency, the ability to assess risk, self-expression, personal courage, resilience, self-regulation.

***Research backed claims consolidated by Hidefusa Okabe, simplified by Cristina Latici and designed by Steve Zavitz*

Learn more at www.themovementcreative.com