



# Parkour is for Story Time



**Christina Jane Stuck has been with the Jackson District Library since April 2024. She currently works at the Parma Branch and Spring Arbor Branch Libraries as a branch manager. Before that, she spent almost 7 years at the Charlotte Community Library and over a decade at different libraries in the great state of Texas working in some capacity with families and youth.**



## **MEET YOUR SPEAKERS!**

**Maura Carter started her library career at the Capital Area District Libraries, where she spent 7 years working at the Okemos Branch. After a brief stint on a produce farm, she joined the Charlotte Community Library in July 2023. She currently works there as the Head of Youth Services.**



# OVERVIEW

1. The history behind “Parkour for Littles”
  - a. Why and how you can use parkour and rough and tumble play in story time
  - b. our “Parkour for Littles” template
  - c. Ideas to adapt to your specific situation



# “PARKOUR FOR LITTLES”

1. AL!VE approached the library about partnering
2. Christina attended the 2023 Spring Institute session “Getting Outdoors: A 1000 Hours Outside Series”
3. Christina listened to a podcast with Evolve Move Play’s founder, Rafe Kelley



# ROUGH AND TUMBLE PLAY

1. What is rough and tumble play?

- a. Play fighting
- b. Open skills

2. Are there benefits?

- a. Learn to read and react to another person
- b. Build quick thinking skills
- c. Challenge spatial and proprioception awareness
- d. Develop a growth mindset

# WHAT IS PARKOUR?

- ➔ From France
- ➔ Developed in the 1980s
- ➔ Also known as “freerunning”



The practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, jumping, climbing, rolling, and other movements in order to travel from one point to another in the quickest and most efficient way possible without the use of equipment (Brittanica).



# OVERCOME

“Playing with fear: Parkour and mobility of emotion” Saville (2008)



“Parkour as Health Promotion in Schools: A qualitative study on Health Identity” by Grabowski and Thomsen (2015)

“The effect of physical education content on Children’s activity during recess bases on skill level” Vanluyten, Cheng, Roure, Ward, and Iserbyt (2024).

the office

PARKOUR! | Extended Cold Open | A Peacock Extra | The Office Superfan Episod...



Copy link

# EXTENDED PARKOUR COLD OPEN



## the office

SUPERFAN EPISODES

Watch on  YouTube



# PROGRAM SET-UP

Run time: 10:00 – 10:30AM

## First 15 minutes:

- ▶ Warm-up rhyme
- ▶ Read first book
- ▶ Movement activity or game
- ▶ Read second book

## Last 15 minutes:

Obstacle course!



# FACTORS TO CONSIDER

## 1. Location

- Where are you going to host your program?

## 2. Physical Space

- Not necessarily the same thing!
- Where are you going to set up your program?



# 3. Staff

➤ Staffing needs  
vs. available staff



# 4. Time

- How much time can you commit to planning?
- When will you hold the program?

**FACTORS  
TO  
CONSIDER**



# FACTORS TO CONSIDER



## 5. Book Collection

- How big is your physical collection?
- How can you get creative?

## 6. Equipment

- What do you already have?
- What do you have room for?
- Where can you get equipment?
- How can you get creative on a small budget?

# CHRISTINA'S MODIFICATIONS

- ✿ Introduced to Parma Branch
- ✿ Co-worker was reader, Christinas was physical facilitator
- ✿ Added on a challenge to the obstacle course each week
- ✿ After 2-3 times, kids allowed to make up own routes and challenge their bodies however they want



# PARKOUR AT PARMA

# BUT WHAT ABOUT...?

1

We are blessed with a large enough space and staff. Will an obstacle course be enough?

2

How do we manage if we have a small space?

3

How do we adjust for icky weather?

4

It's just me. How do I manage?

5

I love this idea, but we aren't into physical activities.

6

I have different ages attend. Some go faster than others.

# Go Forth: the Conclusion

Do movements in your story times! Whatever feels comfortable for you, wherever possible. You are helping develop not just early literacies, but also life-long health literacies and build a growth mindset for your community.

# QUESTIONS?

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