

PARKOUR EQUIPMENT AT PARMA

Inflated tires

Turtle activities (included from [these stepping stones](#) purchased off Amazon)

Animal yoga

Parachute

Bubble machine

Stone steps

Hurdles

Metal stake

Ropes

Hula hoop

Foam puzzle pieces

Tunnel

Plastic hop scotch

Plastic ladder

OPTIONAL SONGS

Danny Go: Millipede March, Kids vs Adults freeze dance, Flamingo Frenzy

Parkour openers:

Rum sum sum

Whole body stretches

Monday, June 9 – Introduction

Books: *A parade of elephants* by Kevin Henkes; *Jack B. Ninja* by Tim McCanna

In-between activities:

- Memory board of motions from the first book—use a hula hoop
- Jack be quick candle play

Obstacle course challenge: Agility cones maze, tunnel, hula hoop

Monday, June 16 –

Books: *Animal moves* by Jane Whittingham; *Around the house, the fox chased the mouse* by Rick Walton

In-between activities:

- Match the parent and child animals: would you rather be which with an action
- Animal yoga

Obstacle course challenge: Inflated tires, cone maze, tunnel, hula hoop

Monday, June 23 –

Books: *“Slowly, slowly, slowly,” said the sloth* by Eric Carle; *One, two, that’s my shoe!* by Alison Murray

In-between activities:

- Animal yoga with cube
- Song: Bicycle by Laurie Berkner Band

Obstacle course challenge: Hurdles, agility ladder, inflated tires, cone maze, tunnel—touch “shoe”

Monday, June 30 –

Books: *One fox, a counting thriller* by Kate Read; *Jake at gymnastics* by Rachel Isadora

In-between activities:

- Turtle activities
- Song: “This is how I do it” by Laurie Berkner Band

Obstacle course challenge: Hurdles, agility ladder, inflated tires, cone maze, tunnel

Monday, July 7 –

Books: *Tiptoe tiger* by Jane Clarke; *Duck!* by Meg McKinlay

In-between activities:

- Fitness bingo

Obstacle course challenge: Stepping stones, hurdles, agility ladder, inflated tires, cone maze, tunnel

Monday, July 14 –

Books: *Early bird* by Toni Yuly; *This is a Dog* by Ross Collins

In-between activities:

- Pool noodle balance beam and stepping stones shark activity
- Parachute with song: Umbrella by Laurie Berkner Band

Obstacle course challenge: Mega obstacle course—include objects from outside to be a part of plus the stepping stones, hurdles, agility ladder, inflated tires, cone maze, tunnel