

'Parkour' comes from 'Parcours', meaning 'the way through' or 'the path' in French. Watch how these young people find the fastest way through their urban environment by jumping and using obstacles to help them. And what do they think about this new phenomenon?

Do the preparation task first. Then watch the short film and do the exercises to check your understanding.

Preparation: matching

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

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|-------------------------|---|
| 1..... to grab | a. to test your abilities in an interesting and stimulating way |
| 2..... to scare someone | b. things |
| 3..... a rail | c. reversed so that the top is at the bottom and the bottom is at the top |
| 4..... to challenge you | d. to take something in your hand suddenly |
| 5..... upside down | e. the part of your body between your foot and your leg |
| 6..... stuff | f. to make someone afraid |
| 7..... your ankle | g. the ability to do something well, especially through practice |
| 8..... a skill | h. a metal bar that serves as a barrier |

1. Check your understanding: reordering

Write a number (1–6) to put these sentences in order.

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|-------|---|
| | The teacher encourages the children and gives them advice. |
| | The voiceover tells us about the popularity of Parkour in the UK. |
| | A boy is jumping next to a river and around a city landscape. |
| | A boy shouts 'Volcano!' |
| | A boy jumps onto a branch of a tree. |
| | Different people talk about what they like about Parkour. |

2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

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|----|---|-------------|--------------|
| 1. | Parkour has been popular in the UK for a long time. | <i>True</i> | <i>False</i> |
| 2. | The teacher encourages the children to help each other. | <i>True</i> | <i>False</i> |
| 3. | Alex says you can learn a lot from Parkour. | <i>True</i> | <i>False</i> |
| 4. | Arthur has mixed emotions when he's doing Parkour. | <i>True</i> | <i>False</i> |
| 5. | Arthur says he likes pushing people when he does Parkour. | <i>True</i> | <i>False</i> |
| 6. | Kelda feels the same about Parkour as she does about her other hobbies. | <i>True</i> | <i>False</i> |
| 7. | Kelda says she is better at Parkour than people think. | <i>True</i> | <i>False</i> |
| 8. | Kelda liked hanging upside down from a building. | <i>True</i> | <i>False</i> |

Discussion

Had you heard of Parkour before?

What do you think about it?

Vocabulary Box

Write any new words you have learnt in this lesson.