



**AMERICAN PARKOUR**

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### **Parkour Safety in Physical Education**

American Parkour's school programs are designed for safe, standards-aligned implementation in physical education. Our approach is built around the American Parkour Method™, which emphasizes control, awareness, progressive skill development, and responsible decision-making. In school settings, parkour is taught as structured movement education rather than stunt performance. Parkour helps students enjoy building confidence, coordination, and physical literacy through appropriately scaled challenges.

### **Proven Safety Record**

Since 2016, American Parkour's school-based curriculum and education-specific equipment have been used continuously in Washington, DC public schools, with zero student injuries associated with APK-specified parkour instruction. The program has been implemented in every DC middle school, with an estimated 58,000 students participating to date. In Carroll County, Maryland, the program has also been used continuously since 2017 across approximately 10 schools annually, with no reported injuries other than one case of soreness.

### **Why Parkour Can Be Taught Safely in PE**

Parkour teaches students to move with control, assess their environment, make safe decisions, and progress at an appropriate level for their ability. APK lessons emphasize quiet landings, balance, foot placement accuracy, jumping and landing technique, and clear safety protocols. Students are taught to prioritize control over speed, height, or difficulty, and teachers are trained to deliver progressions that are developmentally appropriate and manageable in school environments.

### **Built for Schools**

American Parkour provides a complete school-ready system that includes standards-aligned curriculum, teacher professional development, and education-specific modular equipment. Our curriculum includes ready-to-teach lesson plans, objectives, rubrics, differentiation, assessments, and setup guides. Professional development prepares PE teachers to teach the program safely and effectively, even without prior parkour experience. Our equipment is designed for standard gym spaces, safe storage, and efficient class setup.

### **Standards Alignment**

APK school programs align closely with SHAPE America's 2024 National Physical Education Standards and support student development across motor skills, movement knowledge, social skills, and personal growth. SHAPE America identifies these standards as an important framework used by schools and districts when developing curriculum and instruction.

**Parkour can be a low-risk, high-engagement part of physical education when it is taught with appropriate progressions, teacher training, and school-specific equipment.**

If you need a personalized version of this letter for your school or district, please email [info@americanparkour.com](mailto:info@americanparkour.com)

Prepared by American Parkour

Mark Toorock, Founder & CEO