

American Parkour x SHAPE 2024 Standards Snapshot

A one-page overview for APK school parkour programs. Highlights show the clearest closest-fit SHAPE 2024 clusters; the chart maps Jump Into Parkour activities to nearby indicators.

Important note: this is a closest-fit instructional map, not a full exhaustive crosswalk.

Strongest alignment highlights: PreK-5

Standard 1 - motor skills: 1.2.1, 1.2.2, 1.2.5, 1.5.1, 1.5.4
Standard 2 - movement concepts & safety: 2.2.1, 2.5.1, 2.5.5, 2.5.15
Standard 3 - social skills in movement: 3.2.4, 3.2.5, 3.5.2, 3.5.4, 3.5.5
Standard 4 - challenge, choice & reflection: 4.2.2, 4.2.4, 4.2.10, 4.5.2, 4.5.5, 4.5.7, 4.5.10

Strongest alignment highlights: Grades 6-8

Standard 1 - technique & skill-related performance: 1.8.1, 1.8.4
Standard 2 - applying concepts, analysis & safety: 2.8.1, 2.8.7, 2.8.18, 2.8.21
Standard 3 - contribution, communication & feedback: 3.8.1, 3.8.2, 3.8.3, 3.8.4
Standard 4 - choice, challenge, goals & reflection: 4.8.4, 4.8.5, 4.8.6, 4.8.8, 4.8.9

Jump Into Parkour activity map

Jump Into Parkour activity	What the activity develops	Closest SHAPE 2024 fit PreK-5	Closest SHAPE 2024 fit 6-8
L1 - Stealth Running	Quiet locomotion, precise foot placement, spatial awareness, control over speed.	1.2.1 / 1.5.1 locomotor combinations 2.2.1 / 2.5.1 safe movement in space 3.2.4 / 3.5.4 responds to direction safely	1.8.4 appropriate form 2.8.1 uses movement concepts 3.8.4 feedback + correction
L1 - Cross the River	Jumping routes, balance, planning ahead, self-checking and adapting.	1.2.2 / 1.5.4 jump + land + balance 2.5.1 safe movement strategies 4.2.4 / 4.5.5 decision-making through challenge	2.8.1 / 2.8.7 concepts + problem solving 4.8.5 / 4.8.9 challenge + reflection
L1 - Rail Balance Intro	Intro to balance, controlled risk, persistence, and body awareness.	1.2.5 / 1.5.4 balancing in practice tasks 4.2.5 / 4.5.7 individual challenge + improvement	1.8.4 appropriate form 4.8.5 / 4.8.6 challenge + goals
L2 - Jump Landing	Safe landing mechanics, body control, and consistent technical execution.	1.2.2 / 1.5.4 jumping/landing control 2.5.15 critical skill elements	1.8.4 skill-related form 2.8.18 / 2.8.21 performance analysis + safety
L2 - Precision Jumps + Strides	Accurate takeoff, stick landings, rhythm, and transition control.	1.2.2 / 1.5.4 jump + land + balance 2.5.15 critical elements	1.8.4 appropriate form 2.8.18 analyzes skill performance
L2 - Code Breaker	Sequence planning, terminology, partner communication, and smooth execution.	2.5.5 problem solving 3.5.2 / 3.5.5 roles + small-group solving	2.8.7 problem solving 3.8.3 / 3.8.4 strategy talk + feedback
L3 - Balance Mirror	Partner-led balance play with self-expression, adaptation, and collaboration.	3.5.2 / 3.5.3 / 3.5.5 roles, respect, problem solving 4.5.1 / 4.5.4 self-expression + choice	3.8.1 / 3.8.2 accepts differences + contributes positively 4.8.1 / 4.8.4 / 4.8.5 expression, choice, challenge
L3 - Laser Beam	A strategic balance puzzle that rewards patience, tactics, and consistency.	1.2.5 / 1.5.4 balance under control 2.5.5 problem solving 3.5.4 safe independence	2.8.1 / 2.8.7 movement concepts + problem solving 3.8.2 / 3.8.4 positive contribution + feedback
L4 - Code Breaker II	More complex sequences, clearer communication, and refined execution.	1.5.4 combined movement skills 2.5.5 / 2.5.15 solve + refine technique 3.5.2 communication roles	1.8.4 appropriate form 2.8.7 / 2.8.18 solve + analyze 3.8.3 / 3.8.4 strategy + feedback
L4 - Precision Level Up	Progressive challenge, personal bests, repetition, and self-assessment.	1.5.4 combined landing/balance control 4.5.5 / 4.5.7 / 4.5.10 challenge, improvement, reflection	1.8.4 appropriate form 4.8.5 / 4.8.6 / 4.8.9 challenge, goals, reflection
L4 - Dragon Egg	Culminating teamwork challenge using full-unit skills in a shared course.	1.5.4 combined movement skills 3.5.2 / 3.5.5 team roles + solving 4.5.2 / 4.5.5 social meaning + challenge	2.8.1 effective use of concepts 3.8.2 / 3.8.3 / 3.8.4 contribution, strategy, feedback 4.8.5 / 4.8.9 challenge + reflection

Sources: American Parkour, Unit 1: Jump Into Parkour / Jump and Balance Fundamentals (2025); SHAPE America, National Physical Education Standards Educator Kit (2024). National Physical Education Standards are used under license from SHAPE America.