

Small Parkour	
Theme	Physical activity
Target Group (<i>Group Size, Participants Profile</i>)	Mental disability: It can be played with 1 or more people. It may be suitable for ages 6 and above.
Duration	20 minutes
Learning Objectives	Hand-eye-foot coordination (to maintain body coordination)
Preparation	Prepare the parkour- 5 sticks and boxes. Choose a soft-ground place to prevent any physical injury.
Materials	- Ball (a small ball), stick (slalom), bucket (to turn).
Flow / Description	First, arrange 5 slalom sticks with some distance between them. After leaving approximately 3-5 meters of running space, set up obstacles in the form of long-short-long-short, where the person can pass under or jump over them. Then, after another 3-5 meters of running space, place an object that can be used as a makeshift trash can or basketball hoop, and ask the person to make 2 shots with small balls.
Debriefing / Reflection	Ask to players, how did you feel while playing this parkour? Do you enjoy this kind of games? Do you feel more energetic?
Thematic / Theoretical Input	
Evaluation	What do you think about this game? Do you prefer to play more?
Hints/Additional Info for Trainers	A soft playground should be arranged for this game. Also, you should remind to children there are no winner or loser, they are not in a competition. This game is prepared only for fun and physical activity.