

well  
together

# OXFORD PARKOUR ACTIVITIES



Oxford Parkour Activities are a community-based organisation, led by an award-winning parkour athlete. Hosted by Barton Community Association, they received £6000 to provide parkour activities to school groups through regular and taster sessions.

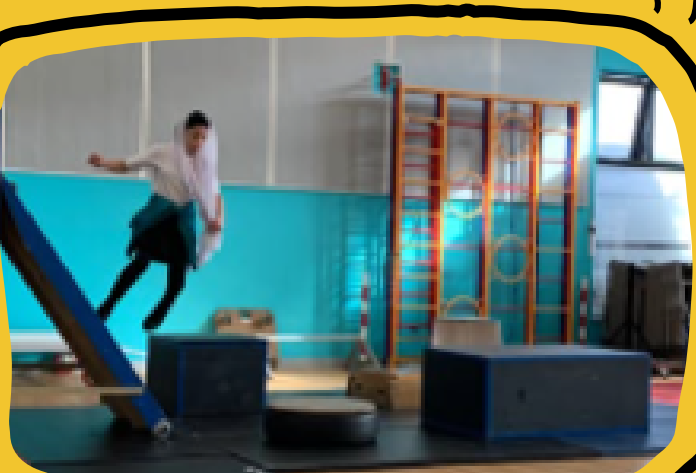


Parkour is a movement practice where practitioners use only the abilities of their bodies to interact with obstacles in any given environment. In the school setting, Oxford Parkour Activities have been providing weekly sessions at Barton Park Primary School for Key Stage 2 classes as part of their PE curriculum.

The coaching is friendly, and attentive to individual needs, with skills being taught at an appropriate pace. Clear demonstrations and encouragement when the children have found something challenging, has helped them to feel confident and capable throughout the programme.

Through Well Together, Oxford Parkour Activities were introduced to Sport in Mind, a large mental health sports charity working across England and Wales, and were able to collaborate with them for additional sessions.

**“Max and the team were incredibly supportive of all of our children, especially those with special needs and physical disabilities.”**



## SIGNIFICANT IMPROVEMENTS

A parent of one of the children who has been attending parkour sessions described how their child has shown marked improvement in strength, balance, coordination, and confidence through parkour. With Autism and Inattentive ADHD, as well as Dyspraxia, progressing from needing full support to completing obstacles unaided has been a huge achievement. The sessions have also supported their social awareness of others, contributing positively to their overall physical, social, and emotional development.

## BUILDING SELF-CONFIDENCE AND TRUST

This parkour programme is structured around guided sessions where children are supported to tackle progressively challenging obstacle-based activities, helping them build confidence and independence at their own pace. Through consistent coaching and encouragement, the children learn to overcome their initial fears - such as jumps or balancing tasks - and develop greater trust, body awareness, and a clearer understanding of their own physical abilities.

Alongside the practical sessions, Oxford Parkour Activities programme incorporates discussions on safety, healthy eating, and mental wellbeing, reinforcing positive habits around physical activity. The sessions also provide a valuable outlet for energy early in the day, supporting improved focus and engagement in subsequent classroom learning.

Feedback from the children has consistently described the sessions as enjoyable and engaging, highlighting how they have learned new skills each week and appreciated the variety of activities. Many particularly enjoyed practising moves, noting their progress and growing confidence over time. The sessions were often compared to a mix of gymnastics and free running, and were seen as a fun, active break in the school day, with some students wishing they could be longer.



**“We knew that our children would enjoy it, but had no idea how much it would benefit them both physically and mentally... [We] were immediately taken with the idea that a regular Parkour session could really benefit our most vulnerable children.”**

**Head Teacher, Barton Park Primary**