

Evolution Parkour Academy

Parkour in Schools Programme



Building strength, confidence, and community through parkour in the Bay of Plenty



What is Parkour?

Parkour is the practice of moving through your environment using running, jumping, vaulting, climbing, and balancing – with control, confidence, and creativity. It teaches ākongā (students) to explore how their bodies move, adapt to their surroundings, and problem-solve physical challenges in a safe, structured, and inclusive way.

In a school setting, parkour connects directly with the New Zealand Curriculum – Health & Physical Education strand Movement Concepts and Motor Skills. Students learn to develop and apply fundamental movement skills, build body awareness, apply self-management strategies, strengthen interpersonal skills, and demonstrate hauora.

“Parkour helps tamariki learn to see challenge as opportunity, not obstacle – to move with purpose, creativity, and resilience.”

Programme Overview

Purpose: To introduce tamariki and rangatahi to safe, structured parkour that builds movement literacy, confidence, and creativity, while aligning to key learning outcomes of the NZ Curriculum.

Each session runs for 45–60 minutes and follows a consistent format:

1. Whakatau / Introduction – Welcome, safety briefing, and goal setting.
2. Warm-Up & Mobility – Dynamic games that activate movement and focus attention.
3. Skill Development – Progressive instruction in landing, jumping, vaults, and balance.
4. Application Games – Using Evolution Parkour Academy’s purpose-built mobile equipment and/or existing approved school structures, depending on each school’s preference.
5. Reflection / Cool-Down – Group kōrero about learning, challenges, and self-progress.

Delivery Options:

- Single-Day Workshop – Introductory taster focused on basic skills and safety.
- 4–6 Week Programme – Builds progressive skill development and confidence.
- Term Extension Programme – Integrates parkour into the PE curriculum.
- End-of-Programme Challenge Day – Students test skills in a fun “Speed Run & Skill Challenge” – a non-competitive, self-assessment experience.

Curriculum Links

Supports:

- Movement Concepts and Motor Skills – competence and confidence in varied activities.
- Relationships with Other People – communication, cooperation, empathy.



- Healthy Communities and Environments – understanding safe and responsible behaviour.

Develops Key Competencies:

- Managing Self – perseverance, self-discipline, safety awareness.
- Relating to Others – teamwork, respect, encouragement.
- Thinking – analysing movement challenges and problem-solving.
- Participating and Contributing – collaboration, positive whānau culture.

Pricing & Delivery

Group Size	Participants	Duration	Cost
Small Group	10–15 students	45–60 min	\$3 per student, per session
Standard Group	16–30 students	45–60 min	\$3 per student, per session

Minimum group size: 10 students per session.

Teacher supervision: For groups of 15 students or more, at least one teacher or staff member must be present.

Larger groups: If more than 30 students are enrolled, sessions are split into multiple groups run the same day.

Cost consistency: \$3 per student applies across all locations.

Travel: Flat rate within Tauranga, Katikati, and Rotorua districts.

All programmes include:

- Qualified parkour coach / first-aid certified instructor
- Pre-session site inspection and safety briefing
- Use of Evolution Parkour Academy's purpose-built mobile equipment and/or existing approved school structures
- Curriculum-aligned lesson plans
- Full RAMS coverage and incident report process

Health and Safety Assurance

Safety is the foundation of every Evolution Parkour Academy programme. All sessions are delivered in a controlled, progressive, and fully supervised environment where students move confidently and safely.

Our coaches are first-aid certified, child-safeguard trained, and experienced in school PE contexts. All equipment and surfaces are inspected before each session.



Evolution Parkour Academy operates under a comprehensive Risk Assessment and Management System (RAMS) covering supervision ratios, site setup, and emergency procedures.

A detailed RAMS document is available on request for school or council compliance purposes.

About the Coach

Stephen van Huysen
Owner & Head Coach – Evolution Parkour Academy



With over 19 years of parkour experience, Stephen is a leading coach and advocate for parkour education across Aotearoa. He serves as the Technical Director for Parkour within the Oceania Gymnastics Union, is FIG Parkour Coach Qualified, and child safeguard trained.

Stephen has coached in schools, community programmes, and competitive events throughout NZ and Oceania. His kaupapa is to help students develop confidence, creativity, and capability through movement – empowering them to challenge themselves, support others, and move through life with strength and adaptability.

Contact Information

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