



“Dexterity through parkour-inspired challenges and games”

How can we design learning environments that promote dexterity and skill adaptation? Taking some lessons from parkour, this session aims to show some examples of environment-based skill training. The session consists of a short warm up, demonstrations of challenge-based training and conditioned games and a brief reflection to wrap up. The session is open to all regardless of fitness level, and participation through observation is also encouraged.