

## PARACHUTE-PLAY

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Get ready to float away with parachute-play! The parachute is a great way to help develop arm and shoulder muscles. This program will improve endurance and stamina. The parachute can be used to teach teamwork and group cooperation and will also improve basic motor skills and a sense of rhythm. But more importantly, the parachute unleashes the elementary school students laughter and imagination! This cross-over activity weaves athletics and creativity together to combine for an unforgettable way to end your school day.

**Skills to focus on:** Cooperation, Team Work, Stamina, Rhythm, Basic Motor Skills

**Facilities:** Inside or Outside

**Safety:** Students attention and listening is important to maintain safe environment around the parachute. Spacial awareness and monitoring the force each student is exurting is important for the safety of all students.

**Tips:** Knowing how to demonstrate each part of the activity is essential to the success of the class. Participating with the students is a must.

#### Skills/Drills

1. Grips
  - Thumbs-Up
  - Thumbs-Down
2. Body Positions
  - Sitting
  - Kneeling
  - Standing
3. Parachute Positions
  - Up High
  - Down Low
  - In the Middle
4. Parachute Movements
  - Wave
  - Jerk
  - Flip-Flop
  - Tight
  - Snap

#### Games

1. Popcorn
2. Ball Roll
3. Making Waves
4. Merry Go Round
5. Poison Snakes
6. Parachute Tag
7. Mushroom
8. The Wave
9. Roller Ball
10. All Challenge
11. Shark Attack
12. See Saw Pull
13. Shoe Shuffle
14. Bouncing Balls
15. Flying Saucer
16. Ball In The Bucket
17. Turtle
18. Beach Ball Fun
19. Parachute Volleyball
20. The Canopy
21. Parachute Run
22. The Mountain
23. Thunderstorm
24. Shake Hands
25. Cat and Mouse
26. Balloon Float
27. Pinwheel
28. Air Conditioner
29. Freeze
30. Around the World
31. Birthday
32. Spaceship