

Activity

Parachute Games

Igloo

Children start in the inflate position holding the parachute in a cross-arm position (right over left), they swing the parachute over their heads, turning to the right. Then they hide and form the igloo.

Sunflower

Children inflate the parachute and take three steps forward. They quickly lower the chute to the ground and kneel on the outside edges. All join hands and on command they alternately lean in and out to represent a sunflower opening and closing.

Mushroom

Students inflate the chute and take three steps forward. They quickly lower the chute and sit, kneel or lie down under it while holding the edges down.

Kite Run

One-half of the children hold the chute on one side with one hand. The leader points in the direction they are to run and they do so, holding the chute aloft as a kite.

Ball Circle

Place a basketball or a cage ball on the raised chute. Make the ball roll around the chute in a large circle, controlling it by raising and lowering the chute. Two balls may be used.

Popcorn

Place a number of beanbags on the chute. Shake the chute to make them rise like popping corn. Cold pan to hot pan. Can also be done with small light balls or nerf balls. At the end of the game try to bounce balls off chute.



Running Number Game

Have children around the chute count off by hours. Start them running lightly in a circular fashion holding the chute in one hand. Call out all odd or even numbers (1-12). Children holding those numbers immediately release their grip on the chute and run towards the next vacated place.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	

Shaking Rug and Making Waves

Shaking rug involves rapid movements either light or heavy. Making waves are large movements to send billows of cloth up and down like waves. Waves can be small, medium or large. Students can alternate turns to see who can make the best waves.

Numbers Exchange

Students are numbered from 1 to 4. The teacher calls a number as the dome is made, and those with the number called must exchange positions before the chute comes down. Locomotor movement can be varied. Tasks under the chute can be specified, such as turning a certain number of turns, with a jump rope, throwing and catching a beanbag, bouncing a ball a number of times, etc. The needed objects are under the chute before the dome is made.

Jaws

Children sit on the floor with the chute covering their legs and a firm grip on the chute. One student is assigned to be "Jaws" and he/she crawls under the chute. The chute is waved or billowed to represent waves. If "Jaws" grabs your foot and pulls, you go under the chute and become a "Jaws" as well. Game continues until all students are pulled under. Safety note: Players are not allowed to kick or fight against a Jaws attack.