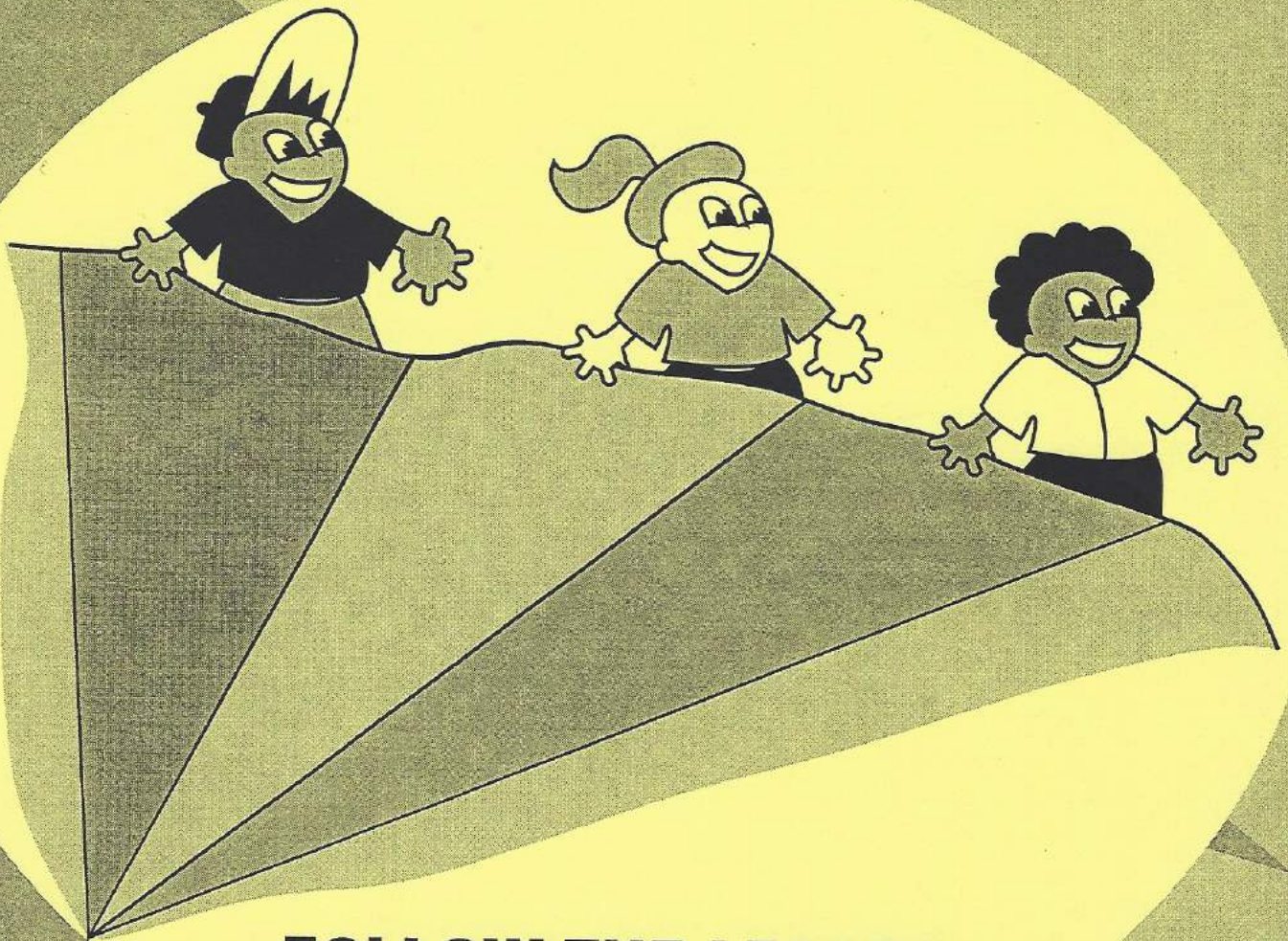


PARACHUTE



FOLLOW THE LEADER

PARACHUTE

Parachute play is fun, and can be used to encourage student cooperative behavior. Combining astronaut drills, stretching exercises, strength development exercises, and locomotor movements with parachute, help increase student activity levels.

SAFETY, MANAGEMENT, AND TEACHING HINTS

- It is best to lead parachute play on a grass surface free of obstacles which may cause injury.
- Ask students to assist you in unfolding and refolding the chute.
- If possible, start and stop movement or activities to music.
- For additional lessons, repeat and vary the activities previously taught.
- Combining Astronaut Drills with Parachute activities provides additional ideas and variety.

GAMES AND ACTIVITIES

Dome: Inside and Outside chute

Strength Games: Situps, Pushups, on/around chute. Squatting with the chute.

Mushroom: Mushroom, Mushroom Walk in, Back Out, Mushroom Run Around

Locomotor Skills Around/Under Chute: 8 Locomotor Movements, Number Exchange, Color Exchange

Waves: Small, Medium, and Large Waves

Popcorn: Team Popcorn

Games: Earthworms, Down the Drain

Routines to Music, Super Hero's Cape

EQUIPMENT NEEDS

Parachute, 6-10 foam balls, 6 ropes, 4-12 rag balls, whistle, music box

UNIT: PARACHUTE**LESSON:** 1**OBJECTIVES**

Strength, agility, coordination, flexibility,
group cooperation

EQUIPMENT

Parachute, whistle; music (optional)

ACTIVITY	ORGANIZATION	TEACHING CUES
Introduction	<ul style="list-style-type: none"> -Stretch parachute on ground. -Students sit away from it so that they cannot touch it. -Teach commands to stop and listen. -Discuss safety. 	<ul style="list-style-type: none"> -On whistle, while holding the chute, bring your hands down to your sides, look to me and listen for next instructions. -Begin only on my command. -Always be aware of <u>safety</u>, stay on the outside (top) of the chute unless instructed to go under it. -When running under chute, watch out for others. -Never put your head or hands through the hole in the middle of the chute. -Be careful not to tear the parachute.
Grips	<ul style="list-style-type: none"> -As above. -Teacher demonstrates the grips and students try each one. 	<ul style="list-style-type: none"> -There are three ways to hold the parachute: 1) Overhand - Palms down. 2) Underhand - Palms up. 3) Mixed Grip - One up, one down.
Warm Up: Locomotor Skills with Parachute	<ul style="list-style-type: none"> -Students hold parachute with left hand and move 1/4 turn to their right. -<u>Follow the leader:</u> -Walk forward -Jog forward -Switch hands and reverse direction 	<ul style="list-style-type: none"> -Hold the parachute with one hand. -Follow the person in front of you. -Listen for my commands.
Outside Dome	<ul style="list-style-type: none"> -Parachute on the ground. -Begin by using the overhand grip and kneeling on one knee. -On command, students stand up quickly and raise the chute above their heads, filling it with air. -On command, return to starting position to create a large dome with the chute. -Repeat. 	<ul style="list-style-type: none"> -When I say "UP," raise the parachute over your head and let it fill with air. -When I say "DOWN," lower it to starting position. -Notice the dome you just made!

UNIT: PARACHUTE

LESSON: 1 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
Inside Dome	<ul style="list-style-type: none"> -On command, create a dome, and on the way down, hold onto the <u>inside</u> of the chute. All children sit down inside the dome, holding onto chute. -On command, raise and lower chute, changing to the outside of the chute. 	<ul style="list-style-type: none"> -When I say "UP!" raise the parachute over your head and let it fill with air. -When I say "DOWN!" change to the <u>inside</u> of the chute, and bring it down behind you. We'll make a large dome tent and sit inside. -Raise and lower chute, changing back to the outside of the chute.
Walking Dome		<ul style="list-style-type: none"> -Raise the chute and fill with air. -Turn 1/4 turn to the right, holding onto chute with left hand only. -Follow the person ahead. -On command, stop walking and lower the chute. -Repeat other direction.
Number Exchange	<ul style="list-style-type: none"> -Number students around the chute from 1-4. -Students raise the chute, teacher calls out a number, and students exchange places with others of the same number. 	<ul style="list-style-type: none"> -We will raise the chute, and I will call a number. -When you hear your number, exchange places with a person with the same number.
Standing Stretches	<ul style="list-style-type: none"> -Any stretches from the "Cool Down Routine" can be done. -Parachute can be on the ground or held, depending on the stretch. 	<ul style="list-style-type: none"> -Hold the stretch until the next one is announced.
Curl-ups/Situps	<ul style="list-style-type: none"> -Students are in curl-up position (knees bent) with feet under parachute. 	<ul style="list-style-type: none"> -Tuck feet under chute, bend knees. -Do 10 curl-ups without holding chute.
Toe Touches	<ul style="list-style-type: none"> -Students sit around the parachute, with toes under it. 	<ul style="list-style-type: none"> -Place legs under chute, knees bent slightly. -Bend forward and touch toes. Don't bounce.
Chute Roll-up	<ul style="list-style-type: none"> -Students stand around chute holding it waist high with an overhand grip. -When there get to be too many students standing around the chute, choose one color on the chute to roll in the chute. -Return chute to bag. 	<ul style="list-style-type: none"> -Roll the chute tightly. -Keep the chute taut in front of you.

UNIT: PARACHUTE

LESSON: 2

OBJECTIVES

Strength, agility, coordination, endurance,
flexibility, group cooperation

EQUIPMENT

Parachute, whistle; music (optional)

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm Up: Locomotor Skills with Parachute	-Students hold parachute with left hand and move 1/4 turn to their right. - <u>Follow the leader</u> : -Walk -- slow jog -- jump -- hop -- gallop.	-Hold the parachute with one hand. -Follow the person in front of you. -Listen for my commands.
Number Exchange	-Number students from 1-4. -Students make a dome, and exchange places when their number is called.	-When your number is called, exchange places with another person.
Mushroom <i>Diagram on back</i>	-Parachute is on the ground with students around it kneeling on one knee and holding it with two hands. -Describe mushroom. -Practice making mushroom several times.	-Use any grip. -Stand up quickly and bring hands overhead, filling chute with air. -Keep hands up, take 4-5 steps forward under the chute until it deflates. -Walk back out, holding chute. -Lay chute down.
Mushroom Back Out <i>Diagram on back</i>	-As above, but students walk in 4-5 steps, release chute, then walk back out from under chute.	-Make a mushroom (walk forward 4-5 steps), release chute, and walk 4-5 steps backwards to original place. -Grab chute and lay it down.
Mushroom Run Around <i>Diagram on back</i>	-As above, but students release and run counter-clockwise one time around chute, then return to original place.	-Make a mushroom, release and run to the right in single file one time around the outside of the chute and return to original place. -Lay chute down.
Cool-Down and Chute Roll Up	-Use cool-down routine from day one everyday. -Roll up chute.	

MUSHROOM

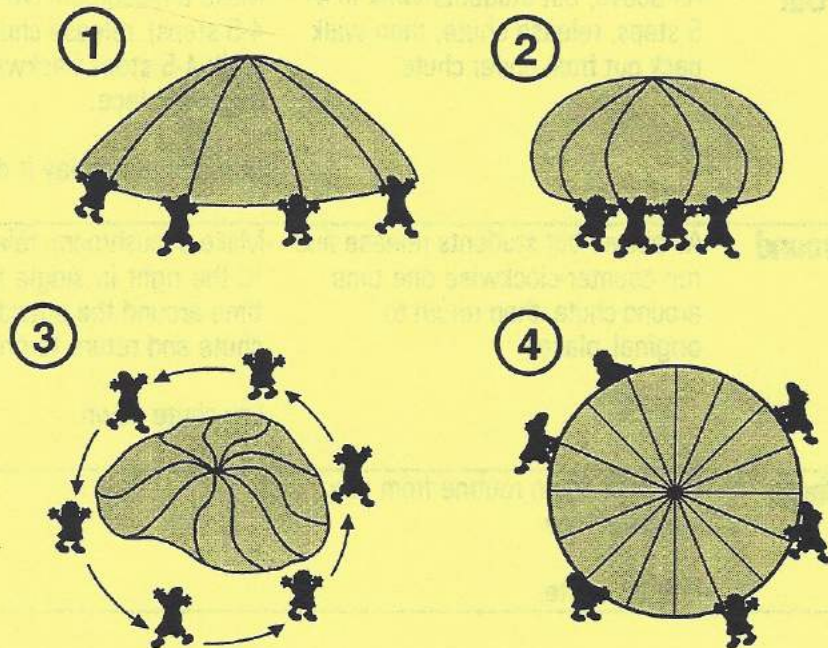


CHUTE LOOKS LIKE CAP;
STUDENTS ARE THE STEM

MUSHROOM BACK OUT



MUSHROOM RUN AROUND



UNIT: PARACHUTE**LESSON:** 3**OBJECTIVES**

Strength, agility, coordination, endurance,
cooperation, competition, flexibility

EQUIPMENT

Parachute, 6-10 foam balls, 6 ropes,
whistle; music (optional)

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm Up: Locomotor Skills with Parachute	-Students hold parachute with left hand and move 1/4 turn to their right. - <u>Follow The Leader</u> : Leap -- side slide -- skip with the chute.	-Hold the parachute with one hand. -Follow the person in front of you. -Listen for my commands.
Waves	-Practice "the wave" without holding onto chute. -Once "the wave" is mastered, try it with the chute. -Start with a small wave, and let it grow to a larger wave. -Add a ball, challenge the class to move the ball around the chute.	-We are going to make a "wave," like you might see at a stadium. -Begin with chute at waist level and raise it. -I will start, and the wave will move to my right. -When it is your turn, stand up, put your hands above your head, then return to this position. -It is your turn when the person on your left is half-way to standing position. -We will start small, then work towards larger movements. -Let's see if we can move a ball around the outside of the chute! -Everyone will have to work together to do it!
Popcorn	-As above, but add smaller foam balls (at least 5) to simulate popcorn. -Placed balls on the chute for students to "pop."	-Make small waves to get the skillet hot! Shake the chute and pop the popcorn! -Keep the balls on the parachute.

UNIT: PARACHUTE

LESSON: 3 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
Team Popcom	<ul style="list-style-type: none"> -Divide class in half; each team defends half the parachute. -Place 1 foamball on the chute. -A point may be awarded for every ball. -Add another ball after practice. 	<ul style="list-style-type: none"> -Shake the chute, trying to bounce the balls over the opposing team's side. -A point is awarded for every ball that goes off the chute on your opponent's side. -Keep your hands on the chute. -Keep your own team's score.
Earthworm	<ul style="list-style-type: none"> -As above. -Place short ropes on the chute. -Students shake chute, trying not to be "kissed" by an earthworm. 	<ul style="list-style-type: none"> -Make waves (shake the chute) and keep away from the "earthworms." -Keep the worms on the parachute.
Down the Drain	<ul style="list-style-type: none"> -<u>Note</u>: Can only be played if there is a hole in the middle of your chute. -Place 4-6 small balls on the chute. -<u>Variation</u>: Divide students into teams, assign each group a different color ball. Each team tries to move their ball down the drain first. 	<ul style="list-style-type: none"> -Work together to shake the balls into the center hole.
Cool-Down and Chute Roll Up	<ul style="list-style-type: none"> -Use cool-down routine from day one. -Roll up chute. 	

UNIT: PARACHUTE

LESSON: 4

OBJECTIVES

Strength, agility, coordination, endurance,
cooperation, flexibility

EQUIPMENT

Parachute, whistle; music (optional)

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm Up: Locomotor Skills with Parachute	-Students hold parachute with left hand and move 1/4 turn to the right.	-Hold the parachute with one hand. -Follow the leader: -Walk -- Jog -- Side-Slide for a count of eight, then change direction.
Dome and Mushroom	-As above. -Review previously learned tasks.	-Dome -Inside dome -Mushroom -Mushroom step back
Color Exchange	-Students stand at a color. (Two may share a place.) -Students make a mushroom, then exchange places under the chute when their color is called.	-When you hear your color, run under the chute and exchange places with another person.
Running Numbers	-As above. -Students walk slowly clockwise holding on with one hand. -Call a number. Students with that number release chute and run to the next vacant spot. -Instead of calling a number, you may call out a simple math problem for which the answer is a number 1-4.	-Start walking to the right. -When you hear your number, let go and run forward to the next vacant spot on the chute and grab on. -Keep moving!
Cool-Down and Chute Roll Up	-Use cool-down routine from day one. -Roll up chute.	

UNIT: PARACHUTE**LESSON:** 5**OBJECTIVES**

Strength, agility, coordination, rhythm,
endurance, cooperation, flexibility

EQUIPMENT

Parachute, 6-10 balls, whistle, music

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm Up: Locomotor Skills with Parachute	-Students hold parachute with left hand and move 1/4 turn to their right.	-Hold the parachute with one hand. - <u>Follow The Leader</u> : Gallop to a count of eight, change direction; skip to a count of eight change direction.
Routines to Music	-Students spaced evenly around chute, holding in ready position. -Vary skills and intensity.	-Listen to my commands, and make a routine to the music. 1) raise the chute (8 cts) 2) lower the chute to ground (8) 3) chute waist high (8) 4) drop 1 hand, walk 8-16 steps counterclockwise 5) walk 8-16 steps clockwise 6) jog 16-32 steps counterclockwise 7) jog 16-32 steps clockwise 8) raise dome 9) shake the chute(8)
Popcorn	-Placed balls on the chute for students to "pop" by shaking chute.	-Make small, fast waves (shake the chute) and pop the popcorn. -Keep the balls on the parachute.
Team Popcorn	-Divide class in half, each team defending half of the parachute. -Place 2-6 foamballs on the chute. The object is to try and bounce the balls off the opponent's side.	-Try to bounce the balls off the opposing team's side. -A point is awarded for every ball that goes off the chute on your opponent's side. -Keep your hands on the chute; keep your own team's score.
Cool-Down and Chute Roll Up	-Use cool-down routine from day one. -Roll up chute.	

UNIT: PARACHUTE**LESSON:** 6**OBJECTIVES**

Endurance, strength, locomotor skills, group cooperation

EQUIPMENT

Parachute, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
Super Hero's Cape	-Choose 4 students to be "Super Heroes."	-Pretend our parachute is "Super Hero's cape!"
	-Super Heroes group at one end of the chute facing the direction you want them to run.	-These 4 students will be our first "Super Heroes."
	-Students are in the ready position to begin. On the go signal, everyone inflates the chute. Those not Super Heroes quickly let go and move out of the way.	-Everyone in the ready position. When I say "GO!", inflate the chute. Anyone who is not a Super Hero let go and move out of the way!
	-Super Heroes continue to hold on and run forward. This causes the parachute to flip and become a "cape."	-The Super Heroes will run in this direction (point). The parachute will flip and look like a cape.
	-Continue until all have had at least one chance.	-Everyone will get a turn.
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Chute Roll-up	-Lead a brief cool-down; roll up and put away parachute.	