PARACHUTE ACTIVITIES

- Have students hold with an overhand grip (you should be able to see the back of their hand)

SEATED:
- Begin with little shakes and move fast/slow
- Move the parachute in waves that are big/small, fast/slow
- Have someone crawl on the parachute and sit in the middle or crawl around it. Everyone else makes waves and counts down from 5-1 and then say _(person’s name)_____ is done. Encourage the student to choose who should have the next turn.
- If you are seated in chairs, have students take turns moving under the parachute (same as above with the count down to end the turn). The student may move around under the parachute or just sit and enjoy the breeze.
- Jaws-one person slithers under the parachute and “eats” the feet of another. Jaw’s switches positions with the minnow (other student). Everyone else makes waves so you cannot see Jaws and sit with legs extended. When Jaws touches the feet then they switch positions.
- Cat/Mouse- one person is under the mat (mouse), give that student a few second head start. The cat should close eyes while the mouse gets ready-the cat crawls on top of the parachute and tries to find the mouse. Once found, then both turns are over. Everyone else makes waves to make it more difficult for the cat to find the mouse.
- Popcorn on the fly-you may want to use different sized light balls for this. Have some students step away from the parachute-they are trying to catch the popcorn as it flies off the parachute. The rest of the class is shaking the popcorn off the parachute. You may want to count how many each group can catch before the balls land on the ground.
- Touchdown-use a nerf football, divide the parachute into 2 teams. Each team tries to shake the parachute so the ball flies off over their opponents head. A point is scored each time the ball flies off over the head. No point is scored if the ball rolls off the parachute.
- If you have 2 parachutes-try to toss a ball from one parachute to another.
STANDING:

- You can repeat all of the above activities.
- Popcorn- put lightweight balls on the parachute and shake until they are all popped off. Take turns having students collect the objects that are on the ground.
- Call names of students and have them exchange places under the parachute.
- If the parachute has colored panels, have each color exchange under the parachute.
- Bring the parachute up over the head and down to the ground quickly and watch the parachute fill with air.
- Bring the parachute up in the air and quickly take a step in and bring the parachute behind the back and sit on it. This creates and igloo that everyone is inside.
- Mountain-lift the parachute up overhead, take 3 steps forward and bring it down to the floor in front of the feet or put knees on the bottom of the parachute. You can have the students climb the mountain and meet in the middle of the parachute.
- Roll the parachute and meet in the middle-this is a good way to end the activity.
- Cloud-lift the parachute overhead and on a count of 3 everyone lets go and see if the parachute will fly.