

Parachute Games

SKILLS:

- A) **DIRECTIONALITY**- Forward, Backward, sideways, up, down, clockwise, counter-clockwise, left and right hand, high, low.
- B) **LOCOMOTOR SKILLS**- Skipping, walking, hopping, running, jumping, galloping, leaping.
- C) **QUALITY OF MOVEMENT**- Fast, slow, accelerating, decelerating, light, heavy.

GRIPS:

- 1) **OVERHAND**- Palms are facing down
- 2) **UNDERHAND**- Palms are facing the up
- 3) **CROSSOVER GRIP**- Right hand over left hand- with both palms down

1) MUSHROOM

Lift the parachute above your head and make it rise higher by taking 3 or 4 steps toward the centre. The parachute will resemble a mushroom

2) STRETCH

Using the overhand grip, have the students lean back pulling the parachute taut.

3) RUNNING

Hopping, skipping, grapevine and other various steps either to the right or left (good for directionality: rhythms may be incorporated by adding music). Simple circle folk dances may also be learned and added.

4) POPCORN

The students 'flutter' or make waves with parachute with several light balls in the centre of the chute creating a 'popcorn' effect.

Follow-Up Activities:

- a) Use one ball and divide the parachute into 2 teams—try to make the ball fly off the opposite side.
- b) 4 or 5 balls of different colours; count off by numbers and give a point to the team whose ball first rolls down the hole.

5) MAKING WAVES

With younger students tell them the parachute is a pond and that a light breeze is rippling the water. Then ask them to make larger and larger waves as the storm intensifies.

6) IGLOO

Using the overhand grip. Billow the chute, and then quickly get down on hands and knees, pulling the parachute down across the back of the neck. Result: all heads will be inside while the rest of the body remains outside.

CROSS-OVER GRIP: Throw the chute up, turn, and seal chute to floor while it is still billowed. Result: all bodies will be inside the igloo.

7) TEAM KEEP-UP

2 Teams, one on each side. Make waves to keep a ball up.

Object: bounce the ball off the chute to go over the heads of the opposing teams.

8) COUNT OFF

Number students alternately 1's and 2's. Make a balloon then call out "one" or "two"- All campers with the number called let go and run around the whole chute, back to place, and under the chute.

9) UMBRELLA EXCHANGE

Spread out the chute and have students situated around the parachute. Number the students from 1 to 3. On a signal, the group inflates the chute and the counselor calls out a number. Children of the number called, run under the chute and switch places with a person of the same number. The group's job is to keep the chute up until everyone has made it safely to the other side.

10) BALL ROLL AROUND THE EDGE

Children hold the chute at waist level. A ball is placed on top. The objective is to roll the ball around the edge, first in one direction then the other. This activity involves the entire class. Children can also try to roll a ball through the hole in the center of the chute.

11) THE MERRY-GO-ROUND

- a) the campers can hold the chute in one hand and travel: forward, backward, clockwise, counter-clockwise, walk, run, hop, leap, jump, gallop, skip, etc., at a slow, quick or medium pace
- b) they can also: hold the chute with 2 hands, move to the right and to the left, using a slide or cross-over steps

12) OCEAN WAVES

Students hold the chute about waist high and shake it up and down. The students shake it vigorously until they begin to tire, and then have them observe the effect on the waves as the tempo is decreased.

13) BODY PART IDENTIFICATION

Holding the chute at chin level, then chest level, waist, knees, ankles and then—raise hands overhead as quickly as possible. The chute will billow up and rise high over the

heads of the children. The same movement can be repeated using the forehead, nose, neck, thigh and shins.

14) FLOATING

Inflate parachute and let it float to the floor.

15) THE MOUNTAIN

Inflate the parachute. Then lower the inflated parachute to the floor. Kneel on the edge or just hold it down, but the edges must be sealed to retain the air inside the chute. *Have the children observe that air has substance.

16) BEAN BAG PICK-UP

Number the campers off into 4 separate teams. Place 3 bean bags under the chute, in the middle. Begin to inflate the chute, and as the team number is called 4 campers try to retrieve one of the bean bags under the chute.

17) CAT AND MOUSE

1 camper is chosen to be a mouse and goes underneath the chute. Another student is chosen to be a cat. The cat goes on hands and knees attempting to locate the mouse as the others try to hide the mouse by flapping the chute vigorously. Can be played with more than one mouse or cat at a time.

18) GHOST TOWN

Have the students start in the forward bend position and inflate the parachute on command. The campers take 3 steps forward and release the parachute as it settles down on them.

19) BALL SHAKE

Two light balls are placed on the parachute (beach ball or nerf ball). The campers hold the chute waist high and attempt to shake the other team's ball off the parachute. **Scoring:** 1 point each time the opponent's ball hits the ground. No points are scored if a team shakes their own ball off the chute.

20) MOUSTRAP

Six to eight campers are selected as the mice. The campers inflate the parachute while the mice run in and out between the children. When the counselor calls out "run across" the mice must run across the circle while they try to trap the mice in the chute. The mice that are caught must join the circle. The last mouse caught is the winner.

21) BEAN BAG PICK UP

The campers are assigned different colored bean bags. All the bean bags are put in the centre of the parachute on the ground. The parachute is raised (inflated) and a

color is called. All campers assigned that color attempt to get at least 1 bean bag before being touched by the chute as it lowers.