



## Moving with Parachutes

- **Parachute Golf.** If you have a parachute with a hole in the middle, you can play parachute golf. Have everyone hold the parachute and place a small ball on it. It takes a bit of skill and a lot of teamwork to make the ball fall down the middle.
- **Merry-Go-Round.** Children turn their bodies sideways and hold the chute with one hand. They then walk around in a circle, making a "Merry-Go-Round." For variety, children can hop, skip, jump, etc. You can stop music as a cue to reverse and go the other direction.
- **Fruit Salad.** Begin by going around the class, giving each child the name of a fruit (strawberries, apples, watermelons, etc.). The students and teachers then pick up the parachute with their fruit in mind. The players then waft the parachute up and down together and a teacher calls out the name of one of the fruits. When the name of a fruit is called, the children with that fruit let go of the parachute and run under the parachute. After they find a new spot on the edge of the parachute, the teacher then calls out another fruit, and so on. Every so often, the teacher can call out "Fruit Salad," which means that everyone gets to run underneath the parachute!
- **Rollerball.** Try to keep a ball rolling only along the outer edge of the parachute. As it comes toward you, work together to prevent the ball from falling off the parachute.
- **See-Saw Pull.** From a sitting position, have children pull the parachute back and forth in a cooperative see-saw motion. This activity is great for building listening and gross-motor skills.
- **Circular Sit-Ups.** Everyone starts by sitting along the edge of the parachute with legs underneath holding it tight. Have one side lean backwards while the other side leans forward. Keep this going creating a see-saw effect. Now to make it harder, instead of doing the normal up and down motion, everyone has to do a circular motion from the waist and the parachute will move accordingly. You may need to dictate which players should be leaning forwards/backwards.
- **Shoe Shuffle.** Count off the children. All players with that selected number take off one shoe and throw it in the middle, underneath the parachute. On the count of three, raise the chute, so the children missing a shoe can run under and find their shoe before the chute comes back down.

