**I know that you don’t have a parachute at home. Use a bed sheet, blanket, or large towel. You will need the whole family for this activity and the kids love the parachute at school. Have Fun.**

**The Basics**

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| **Activity Name** | **Description** | **Grip** |
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| Get a Grip | Introduce 3 types of chute grips: Overhand, Underhand, Mixed | All |
| Storm Bringer | Students create small waves on the chute by gently moving hands up and down. Gradually increase intensity until students are shaking the chute up and down, creating big stormy waves. | Overhand |
| Merry-Go-Round | All students turn and face the same direction with the chute in 1 hand. Walk, hop, jump, or skip around while holding the chute. Change directions to reinforce clockwise and counterclockwise directions (or right and left). | 1-Hand Overhand or Underhand |
| One-Hand Jog | Students use the same grip and formation as above. However, hold opposite arm out for balance. Jog in one direction, then change and jog in the other direction. Add music as a signal to stop and change directions. | 1-Hand Overhand or Underhand |
| Color Race | Students make small waves. As the teacher calls out a color, everyone on that color races around the circle in a clockwise direction until they are back at their original spot. Start with slow locomotor skills (e.g., marching) and then increase speeds as students demonstrate safe movement. | Overhand |
| The Wave | Designate 1 student as the starting point. That student raises her/his arms holding onto the chute. This action is repeated around the circle to create a wave (like at a sporting event). | Overhand |
| Follow the Leader | One student does an activity in place while all others follow along. Do this for 15 seconds each and then rotate to the next student until you’ve gone around the entire chute. Example activities are: jog in place, march in place, wiggle, dance. | Any Grip |
| Hot-Air Balloon | All students raise the chute overhead and then step forward 1 step. They hold this position while the ‘balloon’ deflates. | Overhand |
| Balloon Ride | Create a hot-air balloon, then call a color. Students on called color go to the center, touch the chute, then return to spots. | Overhand |
| Mountain Climber | All students raise the chute into the air and then bring it to the ground, kneeling on the outside. Call a color. Students on the called color climb the parachute mountain by crawling until they reach the middle, then turn and crawl back. It’s a good idea to start with only 1 climber by calling a name and then check for safe movement. Then add more climbers when you know students will be safe. | Overhand |
| Submarine | Students begin standing and bring the chute up to chin level. They make gentle waves. Call a color. Students on the called color take a submarine ride under the chute and travel to a spot of the same color. Use an underhand grip to keep the chute at waist level for a lower “sea level.” | Overhand / Underhand |

**Ball Fun**

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| **Activity Name** | **Description** | **Grip** |
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| Popcorn | Place a number of yarn balls, foam balls, or other small objects on the chute. Students shake the chute to make the objects pop up and down like popcorn. | Overhand or Mixed |
| Microwave Popcorn | Using the same popcorn technique, time how quickly students can get all objects off of the chute. They must finish the popcorn before the microwave timer gets to zero. | Overhand or Mixed |
| Bounce-Off | All students hold the chute tightly and up at chin level. Place 2 or 3 large foam balls on the chute. Call a student by name to go underneath the chute and knock the ball up and off. If students demonstrate safe behaviors, increase the number of students under the chute. | Overhand |
| Catapult | Place 1 foam ball in the center of the chute. As a team, students work together to make the ball fly into the air. How high can the group make the ball fly? | Overhand |
| Roller Ball | Students take small steps backward and hold the chute tightly. Place a ball near the edge. Students work together to roll the ball around the edge of the chute. HINT: one student starts the ball rolling with a gentle push. As the ball comes toward each student, she/he lowers the edge of the chute, and as it goes past, raise the chute. Advanced groups can try to change speed and/or direction. | Overhand |

**Under the ‘Chute**

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| **Activity Name** | **Description** | **Grip** |
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| Swaparooski! | Create a hot-air balloon, then call out a color, birthday month, etc. Students called carefully walk under the chute to any open space. | Overhand |
| The Tent | Students bring the chute high up over their heads, then on the count of 3, they take 2 giants steps forward and pull the chute down behind them. All students lower the chute to the floor and then sit with their bottoms on the edge of the chute. Now, tell a campfire story. | Mixed |
| Washing Machine | Create a tent so that the class in sitting inside the chute. While inside the chute, students rock from the left to right, forward to back. | Mixed |
| Igloo | Bring the chute up as if you’re making a tent. When the chute is all the way up, call a color. Students of that color go inside the chute. The rest of the class steps in and brings the tent (aka igloo) down, holding it on the floor from the outside. | Overhand |
| Bear in the Woods | Choose 2 or 3 students to be bears. They will stand off to the side of the chute. All other students make and sit in a tent. The bears then roar and claw the sides of the tent. The bears must not hit or scratch a camper sitting inside the tent. | Mixed |
| Big Turtle | Create a tent so that the class is sitting inside the chute. Next, prompt the students to get on their bellies with their heads poking out from under the edge of the chute. They’ll need to hold the sides of the chute down just above their shoulders. | Mixed |
| Headless Horseman | This is like a big turtle, but the heads are inside the tent with bodies on the outside. | Mixed |

**Parachute Games**

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| **Activity Name** | **Description** | **Grip** |
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| Hot Potato | Students raise the chute overhead. Call a color and give one student of that color a foam ball. Students of the called color go under the chute. The student with the ball is “IT” and must tag another player. The tagged player becomes “IT” and takes the foam ball (no tag backs). The game continues until one player is touched by the chute, or the teacher yells, “Hot Potato!” | Overhand |
| Mousetrap | Put a pile of beanbags or yarn balls (i.e., cheese) underneath and in the center of the chute. All students raise the chute up over their heads. Call a color to be the mice, who crawl under the chute to collect 1 piece of cheese at a time. They try to collect as many pieces of cheese as they can before the teacher yells, “Mouse Trap!” At that time, students quickly and carefully bring the chute down to the floor to trap the mice. | Overhand |
| Shark Attack | The class sits on the ground with legs stretched under and the chute and chest level. One or two students are designated as sharks, and they crawl under the chute. Shark(s) quietly and gently tag/grab the legs of any other student in the perimeter. Shark(s) now swap places with the tagged student(s), who become the new shark(s), and the former shark(s) sit with legs crisscrossed on the outside of the chute. Continue until all students are crisscrossed. | Overhand |
| Superman’s Cape | All students hold one side of the chute as a group at one end of the activity area. Designate 2 or 3 students as superheroes. Those students hold the other side of the chute, facing the opposite side of the area. On a 3 count, the class raises the chute above their heads. When the teacher yells, “FLY!” everyone except the superheroes let go and step to the sidelines. The superheroes run across the activity area with the chute behind their backs like a cape. | Overhand |
| Mindfully Floating on Clouds | All students lay with their backs on the chute and their feet hanging just off the edge. Students close their eyes and pretend they’re floating on a cloud. | None |

**Parachute Fitness**

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| **Activity Name** | **Description** | **Grip** |
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| Hands on the Wheel | Students sit on the floor with legs under the chute, holding the edges tight with arms extended. On the signal, pass the chute clockwise, always keeping one hand on the chute (hand-over-hand turning). | Overhand |
| Parachute Sit-ups | All students sit and cover their legs with the chute. Hold the chute firmly, lay back, sit-up, and then repeat. | Overhand |
| Squat Washers | Students stand with feet shoulder-width apart, then pretend to wash the chute. All students perform a safe squat (knees behind toes), touching the chute to the ground, and then stand back up with arms at shoulder-height. | Overhand |
| Biceps Curl | Students stand holding chute in an underhand grip with arms straight down at waist-height. Students curl their arms up to their shoulders, bending at stationary elbows. Curl back down and repeat. | Underhand |
| Plank to T | All students in plank position with hands on the edge of the chute. On the signal, all students rotate together to the right (or together to the left) and bring their opposite arm up to the sky in a T balance formation. Next, try this with the chute in the raised hand. | Overhand |