

UNIT: PARACHUTE PLAY**AGES: 5-11****OBJECTIVES**

General coordination, balance and timing,
group cooperation

EQUIPMENT

Parachute, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
Ready Position	<ul style="list-style-type: none"> -While holding chute, children squat and kneel down to establish a safe starting position. 	<p><u>Ready position:</u></p> <ul style="list-style-type: none"> -Hold chute with an overhand grip, that means palms facing down. -Place 1 leg forward, squat down, touch knee of back leg to ground.
Outside Dome	<ul style="list-style-type: none"> -Children move together from ready position to create a dome. -Repeat until all are lifting with their legs and standing in unison. -Compliment those trying to develop the timing necessary to lift the chute as a group. 	<ul style="list-style-type: none"> -When I say "UP!" all stand together pulling the chute up and overhead to fill it with air. -Make a "dome!" -When I say "DOWN!" slowly return to your ready position. -This is an Outside Dome, because we are standing outside of it.
Inside Dome (Also called "Clubhouse" or "Igloo")	<ul style="list-style-type: none"> -On START cue, children create a dome, step inside and sit on the inside edge of chute. -For proper supervision, join children under chute. -On cue, children return to the outside of the chute. 	<ul style="list-style-type: none"> -We have made an Outside Dome, now let's make an Inside Dome! -Ready position. Lift -- step inside - - bring chute down behind your back and sit on it. -Don't let go of the parachute! -We'll make a large "dome home" and sit inside!
Class Portrait	<ul style="list-style-type: none"> -Like Inside Dome, except only children's heads are "trapped" inside. -Children see only others heads! 	<ul style="list-style-type: none"> -Inflate the chute to make a dome. On "DOWN," kneel, then lie on your stomach. Wrap the edge around your head like a bonnet. -Doesn't everyone look funny? It's a Class Portrait!