

ACTIVITY CARD

The Basics

Activity Name	Description	Grip
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

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Ball Fun

Activity Name	Description	Grip
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

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Under the 'Chute

Activity Name	Description	Grip
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

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Parachute Games

Activity Name	Description	Grip
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

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Parachute Fitness

Activity Name	Description	Grip
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