**Parachutes Unit: Grades 1-2**

**Essential Question:** What Can I do with a Parachute?

**Unit Focus:** Movement Concepts/ Cooperative Team Work

**A Day**

**Objectives**

1. Students will understand the classroom rules and expectations that go along with the parachutes.
2. Students will engage in a variety of movements used to manipulate the parachute during the activities.
3. Students will work together affectively by following directions and moving together in order to complete several tasks with the parachute

Introduction to the Parachute

* Grip Overhand/Underhand
* 3 roles
* Be careful (no tug of war)
* No walking on the parachute

Set-Up

* One student per color (if possible)

Activities

1. Make Ripples- small waves
2. Waves- Little Larger arm motions but not real fast
3. White Caps- Large arm motions at high speeds
4. Umbrella- Up real slow and then snap the arms down to create a dome
5. Mushroom on Outside- This time when the students snap down, they kneel on the outside
6. Mushroom on the Inside- This time when the students snap down, they bring the parachute behind them and sit on it (Can have them scoot in and out to change the shape of the dome
7. UFO – Students bring the parachute up real slow, then snap down…This time they let go and see how long the parachute will float

**Day B**

**Objectives**

1. Students will work on differentiating between left and right, clockwise vs. counter clockwise in the Mari-Go-Round game
2. Students will work on fundamental motor movements while using arm movements to move the parachute.
3. Students will use teamwork and the knowledge of the movements they learned to knock all the objects off the parachute in the Popcorn and Catapult activities.

**Activities**

* Mari-go-round- Start off walking, skip, gallop, hop, jump
* Color Cross- Student will make the Umbrella, like they did in day 1, this time they hold it… Teacher will yell a color. Students holding on to that color must switch spots before the parachute fall on them.
* Popcorn: Have students stand holding the parachute straight. Throw a good number of bean bags in the middle of the parachute. Challenge the students to see how long it takes them to “pop” all the kernels off of the parachute.
* Catapult: With the same bean bags, Students will make the umbrella and explode the bean bags off the parachute. See how many catapults it takes to get all the bean bags off. Goal: 1 catapult.

**A Day**

**Objectives:**

1. Students will show and understanding of previous movements during a review
2. Students will play together effectively by keeping a positive attitude and being patient to wait their turn during the sharks and lifeguards activity.
3. Students will use a variety of movements (Running, Skipping, Hopping, Jumping, Crawling, Galloping etc.) during the relay races along with working on spatial awareness.

Warm-up- Relay Races

Review

1. Waves- small & Large
2. Umbrella
3. Mushroom

New Activities

1. Sharks and Lifeguards- a more complex game where students get to crawl underneath the parachute like sharks and pull others under while the rest of the class uses arm movement to move the parachute.
2. Duck Duck Goose: The classic duck duck goose played around the edge of the parachute. Do this using two parachutes to create more activity time.

**B Day**

Objectives

1. Students will understand strategies to capture the “mice” and score a hole in one.
2. Students will be creative and freely move while “moon walking” across the parachute.
3. Students will remain respectful to classmates while competing in the Hole in One game.

Warm-up: Stretching

Moon Walk: Students get a chance to dance across the parachute to music (no shoes).

Mouse Trap: A game where students try to catch each other underneath the parachute using teamwork

Hole in One: A game where two teams compete to get their ball into the middle hole of the parachute first