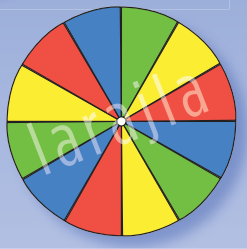




ADULT ENRICHMENT PROJECT

Badge Supplement

larajla.com



Parachute Games

PARACHUTE GAMES

Parachute games not only work on motor skills, but also cooperation.

Safety should be your first concern when playing parachute games. It is easy to get hurt. If you emphasize the necessity for safety, your players are more likely to remember. You should review safety issues before you play every time.

REMEMBER: Never place a person on the parachute and attempt to raise or throw them. Most play parachutes are not built to hold people. Accidents from injury to death could occur from an improperly thrown person.

If you can't afford a parachute to start playing, there are patterns available on the Web. You can also try these games with a simple sheet and one person at each corner.

NOTE: Materials are not listed with these games. All games require a parachute. Some require a ball or other item as listed within the description of the game.



Except where otherwise noted, larajla creates and the Adult Enrichment Project by Laura Rajsic-Lanier is licensed under <http://creativecommons.org/licenses/by-nc/3.0/>, a Creative Commons Attribution-NonCommercial 3.0 Unported License.

larajla.com
Copyright 2013 Laura Rajsic-Lanier,
larajla@gmail.com



Air Conditioning

This game is good for recuperation after an energetic game.

Stretch out the chute.

Count off 1, 2 and 3.

Chose one number and they lie on the ground under the chute with heads toward the center.

“Mushroom” the chute up and quickly pull it up repeatedly.

The air cools off those below and they can see what it looks like under the chute as it moves up and down.

Change groups until all have got to lie down.

All Change

Adult calls out birthday months, numbers, colors, etc.

Children swap places under the chute before it falls to earth.

Make sure that those who remain around the edge allow the canopy to fall, rather than pulling it down hard.

Ball in the Bucket

Divide the group into two teams down a central line.

Two plastic balls are placed on the parachute, while held waist high.

Each team tries to shake its ball into the hole and keep the other team from putting its ball in the hole.

A point is earned each time a team puts a ball in the hole.

Ball Roll Around Edge

Hold the chute waist level.

Place ball on top.

Roll ball around the edge first one direction and then the other.

Ball Toss

Put a ball into the center of the parachute.

Raise and lower the parachute to throw and catch the ball.

When the players are skilled at this, try adding a second ball.

Variation

You can also play with beanbags, stuffed animals or dolls in place of the balls.

Big Turtle

The children get on their hands and knees under the shell (chute). Try to move in one direction as a group without losing their shell.

Variation

Have the turtle go over a hill, through an obstacle course, etc. without losing the shell.

Blob

Four players hold onto the parachute. The other players try not to be eaten by the parachute.

The four with the parachute run after the others. If they succeed in covering a player with the parachute, the player is eaten and must now attach themselves to the parachute and join in, to catch the others.



Body Part Identification

Hold chute at body part level — chin, chest, waist, knees, ankles and over head. Caller calls these parts as the players get used to working with the parachute.

When they get better, add forehead, nose, neck, thigh, shins, etc.

Bouncing Balls

Put two or three children under the chute.

The children underneath attempt to knock the balls off by pushing up on the balls.

Everyone holding the chute attempts to keep the balls on the chute.

Cat and Mouse

Everyone stands in a circle holding the chute at waist-height.

One person is chosen as the mouse and goes underneath. The other goes on the top as a cat. The cat tries to catch the mouse, but everyone billows the chute to make it difficult to help the mouse.

Occasionally, those holding the chute can lower it a bit to help the cat see where the mouse is. It must be immediately raised again to help the mouse get away.

Variation

Have more than one mouse and one cat.

Change Over

“Mushroom” the chute and call out a command.

For example, “Change over if you are wearing red.” Then, everyone wearing red must run under the chute to the opposite side without the chute landing on them.

You can use:

- Color of clothes
- Color of eyes
- Color of hair
- Letters name starts with
- Age
- Month of birthday
- Number of letters in a name
- Clothing type
- Or anything else to sort into

groups.

Chute Ball

This game is best played with an earth ball or a large beach ball.

Place the ball in the middle of the chute. Throw the ball as high in the air as possible by pulling upwards and outwards.

Remember to make it loose when it lands.

NOTE: The larger ball offers a different challenge, especially if you are playing outside on a windy day.

Chute Lift

Lift the parachute high and down again.

Listen to the sounds and breezes as you do this at different speeds.



Colors

Similar to “Fruit Salad” and “Change Over” but using colors of the parachute instead.

Teacher calls out a color and the children holding that color change places under the parachute, before the parachute comes down.

NOTE: To make it safer, you may want to instruct the children to pass on the “right” or “left” side of each other so they don’t run into each other.

Competitive Chute Ball

Mark a line across the diameter of the chute.

Split participants into two equal-sized teams. Each team should be on one side of the chute.

Throw the ball into the center. Each team attempts to get the ball off the chute on the other team’s side of the line and keep it from coming on their side at the same time. This is done by throwing it over the opposing team’s heads.

Players cannot touch the ball with any part of their body or let go of the chute.

NOTE: It will take a while for the team to realize wild flapping makes little progress. They will have to work together and have a strategy to get the ball off the chute.

Count Off

Number participants alternately 1 and 2.

Make a balloon and call out one of the two numbers.

All with that number releases the chute, moves clockwise (or counterclockwise) around the chute to return to their place.

NOTE: Choosing a way to run around the chute will help minimize injury with younger or less coordinated children.

With older children, you may want to let them run either way to give them a challenge.

Variation

Play this with the caller trying to take the place of one of the players. All players must go to their original place or past it before claiming a spot.

Fruit Salad

All children should have a space around the parachute.

Go around each child telling them which type of fruit they are going to be for this game, e.g. banana, orange, apple, grape.

Four different fruits is normally enough to make the groups small enough to avoid too many under the parachute.

To play the game the children need to lift the parachute up together at the same time and let it float back down.

It is best to count the children in so they all lift at the same time. When the children lift the parachute the teacher shouts one (or two or three) of the fruits and the children designated as those fruits have to run under the parachute and find a new space before the parachute sinks and touches them.

If you are feeling adventurous you can call “fruit salad” and all children run!



Igloo

Using the overhand grip, billow the chute.

Quickly get down on hands and knees, pulling the parachute down across the back of the neck so all heads are in the chute and rest of the body below.

Using the cross-over rip, throw the chute up, turn and seal chute to floor while it is still billowed.

Your entire body should be inside and facing the chute.

Jaws

Everyone sits on the floor in a circle, holding the parachute stretched out with their legs underneath. The chute is the sea and all of the children are sitting on the beach, dipping their toes in the water. Don't forget the waves!

Once the waves are going well, choose someone to be the shark. The shark disappears under the waves (chute).

The waves will help disguise where the shark is.

The shark chooses a victim and grabs them by the feet. The victim will then let out a scream and disappears under the chute.

The shark takes the place of the victim and the victim becomes the shark.

Jellyfish

While you're in the "Tent" (see Mushroom), try the following:

One person is selected to be the tent pole and stands in the middle, holding the center of the chute as high as possible.

All seated people sway about as much as possible while the tent pole attempts to stay upright.

From the outside, the chute should look like a gigantic quivering jellyfish.

Knock It Off

Divide the parachute into two teams, one team on each half.

Put one ball onto the chute.

The object of the game is to knock the ball off the other teams half of the chute.

You can play this game where players must keep both hands on the chute at all times.

However, it is also possible to play where you only need to keep one hand on the parachute and can defend with the other. Watch for students trying to score with their hand, which is illegal.

Merry-Go-Round

Everyone holds the chute with one hand and turned to face the next person's back. They can hop, skip, jump, etc. while holding the chute. It looks like a merry-go-round.

Variation

Allow one child to "ride" in the center by lying down and having the others pick him or her up. Limit activity to walking when doing this.

Mushroom

Pull the chute taut and crouch down.

On the command "Mushroom" everyone stands and pulls the chute upwards as high as they can, causing the chute to fill with air and rise like a giant mushroom.

Make it rise higher by taking three or four steps towards the center.

Variation

"Mushroom" and let go.

Variation

"Mushroom", then take three or four steps in, pull it down behind you and sit on it. Everyone is then sitting in a "Tent."

Variation

"Mushroom" and run to the center still holding the chute.



Musicless Chairs

Number the players by threes so you have an equal number evenly spread out.

“Mushroom” the chute, and call out a number. Give a description of who you would like them to act as.

For example, “Mushroom . . . number ones are ballerinas.” All number ones would exchange places while acting as ballerinas on the way.

Ocean Waves

Pretend the parachute is the ocean. Let the participants choose which one. The children move in response to the “weather” the caller asks.

“I heard on the weather report this morning that there was a slight breeze over the Atlantic. What would that look like?” The children then respond by moving the chute as a slight breeze . . . small waves.

Other ideas include high winds, snow (make ice by pulling tight), twisters, etc.

Variation

One child removes shoes and lies in the middle of the chute. Everyone else makes waves. Rotate the child in the middle.

One Hand Run

Each child holds the chute with one hand and extends the other out for balance.

They run in one direction, then change and run in the other.

Play music and start / stop it to indicate direction changes.

You can also blow a whistle, call out “switch”, etc.

Parachute Move

Stretch the parachute out on the ground.

One or more children remove their shoes and move on the chute while the others make waves.

Sing a song while doing this.

When the song ends, it is the next group’s turn.

Parachute Tag

Lift the parachute high overhead.

Call one child’s name and have her run to the other side before the parachute comes down and tags her.

Of course, you may choose to skip, hop, twirl, crawl, etc.

Variation

Before creating the “tent,” choose one girl to be “it.” Once the tent is created, this girl must get up and run to another spot on the parachute’s edge inside the “tent.”

Once there, she tags another girl and takes her spot. The second girl runs and tags a third girl.

The object of the game is to see how many people can be tagged and make it across the inside of the parachute before the parachute deflates and falls on them.

Poisonous Snake

Place four to six pieces of yarn or soft rope on the chute.

Shake the chute to make the “snakes” move.

Anyone touched by a “snake” is bitten.

Keep track of who is bitten. The one who is bitten the least is the winner.



Pompoms

Put pompoms in the middle of the parachute and try to get them into the center hole.

You could have teams with different colors and count how many they get in.

Popcorn

Using four or five balls of different colors, count off by numbers and give a point to the team whose ball first rolls down the hole.

Variation

Using a large variety of balls, see how quickly they can be bounced off without letting go of the chute.

Variation

Place a number of balls, bean bags, etc. in the center. Bounce them, but don't let them fall off.

Rollerball

Keep the chute taut. Place a large ball near the edge. Try to make the ball roll around the edge of the chute. Start with a smaller ball and move up in size to increase difficulty.

The person with the ball in front of them starts it rolling. Each person lowers the edge as it comes to them and raises it as the ball passes to keep the momentum. When the players can do this, it creates a wave which pushes the ball in a smooth, steady circle. This game encourages concentration and cooperation.

Once the players master this, attempt to go faster or reverse the direction.

See-Saw

All the children sit and hold their parachute handle.

The children then work cooperatively to pull the parachute in a see-saw motion.

Sharks and Lifeguards

All children sit on the floor in a big circle holding the parachute in the hands with their legs tucked under the parachute.

Two lifeguards patrol the outside of the circle and two sharks go under the parachute. The sharks have to try and pull people under the parachute, to do this they take hold of the child legs and pull.

The lifeguards have to try and stop this happening by saving the children that are being pulled under by taking their hands and pulling them back out.

Safety for this game, when the sharks touch the children's legs to pull them under the children need to lie back so that they do not bump their heads when the sharks pull.

When the lifeguard starts to pull the shark must let go - to avoid a tug-o-war!

Numbers can depend on size of class / parachute.

Shoe Shuffle

Number around the circle 1 to 6.

All of one number removes a shoe and throws it under the parachute.

On a count of three the parachute is lifted, mushroomed up on the third lift.

Those missing a shoe go into the middle, retrieve their shoe and get back to their place before the chute comes down.



Sock Shuffle

This game could also be done with shoes, preferable at the beginning of the session before their shoes are taken off.

Have all the children stand up and hold the parachute to their waist.

Walk around the parachute and number off the children depending on the number you have so they are divided evenly.

All those who are number X have to toss one of their socks underneath the parachute.

Then, when the whistle is blown, the children make a mushroom shape and all those with one sock underneath must rush in, collect it, put it on and then try to get back to their place.

The last one out with their socks on runs around the outside and back to their place.

Tent Pole

While you're in the "Tent" (see "Mushroom"), try the following:

One person is selected to be a tent pole and stands in the middle, holding the center of the chute as high as possible.

The tent-pole person calls out someone's name and goes and sits down in that person's place.

The called person has to rush to the middle and take the center location before the chute comes down.

Umbrella Exchange

Number participants 1, 2 or 3.

Inflate the chute.

Call a number and everyone with that number must go under the chute and switch places with someone of the same number.

Those not called keep the chute up until everyone has changed places.

Upside-Down Tent

An alternative way to make a "Tent." See "Mushroom" for another way.

Instead of sitting on the chute, lie on your back under the chute with your head to the center and feet in the air.

Stretch the chute tight and tuck the chute under your back so it holds up your legs.

Bring a soft ball with you into the "Tent" to bounce around inside.

Washing Machine

Two players of similar size and weight sit back to back in the middle of the parachute (with shoes off) linking arms.

The rest hold on round the edges and start walking round in a circle. The parachute will eventually get smaller and smaller.

At a command the players holding the edges quickly move out, and the two in the middle are spun around quickly.

Check out [larajla's Adult Enrichment Project](http://larajla.com) to start your own adventure.