

Safety Advice

- Make sure participants hold on to parachute at all times unless instructed to let go.
- If a better grip is needed roll in edges of parachute slightly.
- Give clear instructions to participants at all times.
- Make sure they look where they are going around or under the parachute at all times at all times to avoid bumping into each other.

The parachute works by the movement of air underneath or over it. It is a large nylon brightly coloured circular shape with a hole in the middle.

A simple exercise would be to move it up and down together and feeling the air underneath it lift it up.

Parachute Games

Age group: 7+

Name of Game: Mountain of air

What you need: A parachute and a few people!!!

What to do

- Everyone holding parachute at two handles.
- Pull up parachute up high.
- Once it reaches its peak, pull down to the ground.



Age Group: 9+

Name of game: Mexican Wave

What you need: Parachute

What to do:

- Pull up parachute high to reach sky.
- Pull down fast.
- One after the other, everyone raises the arms up and down again in a wave.
- This creates an air bubble travelling under the parachute.



Parachute Games

Age Group: 9+

Name of Game: Parachute Exchange

What you need: Parachute

What to do:

- Assign a number to each participant e.g. between 1 and 3
- Inflate parachute by raising it up high together.
- Leader calls out a number.
- Those with the number run across under the parachute to another space.
- They must make it before the parachute falls.



Age Group: 9+

Name of Game: Move a space

What you need: parachute

What to do:

- Leader numbers players 1, 2, 3, 4 etc.
- Inflate the parachute up.
- The leader then calls a number.
- The players with that number must then run around the outside of the parachute to their right and find the next nearest space.
- Don't let the parachute drop to the floor.



Parachute Games

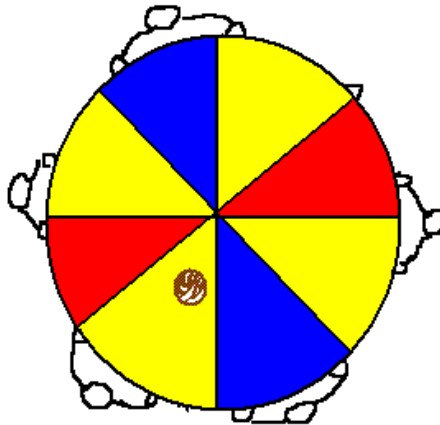
Age Group: 9+

Name of Game: Ball Roll

What you need: A parachute and a sponge ball

What to do:

- Hold parachute at waist level
- Place ball on top
- Roll the ball around the edge of the parachute clockwise and then anti-clockwise.
- Do not let the ball roll off the edge.



Age Group: 9 +

Name of Game: Bounce ball

What you need: A parachute and a sponge ball.

What to do:

- Place ball in the middle of the chute.
- Lift and drop the chute together.
- Allow the ball to bounce up and down.
- Make it bounce as high as possible.



Parachute Games

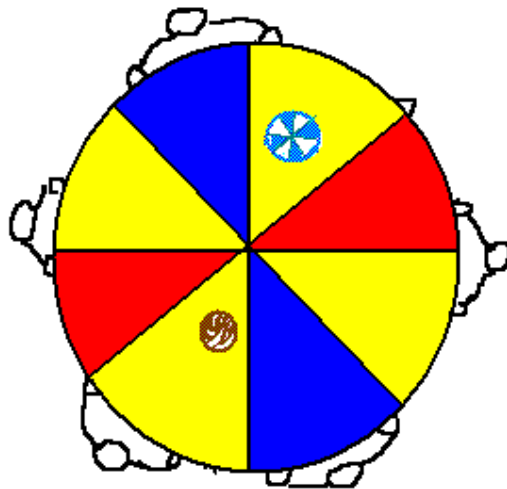
Age Group: 9+

Name of Game: In and Out

What you need: parachute and two different coloured sponge balls.

What to do:

- Lift up and down parachute.
- Leader calls which coloured ball has to stay in the chute and which they have to get out.



Parachute Games

Age Group: 9+

Name of Game: Team Ball

What you need: parachute and two different coloured sponge balls.

What to do:

- Divide players into two teams
- Assign a different coloured ball to each team.
- Each team has to get the opposition's ball off the parachute.
- Try to keep their own ball on it.
- Every time they get the ball off they score a point.

