

Parachute

How to Use It

- Begin teaching activities in the order presented. While teaching, assess students' ability to perform activities and adjust accordingly. If an activity is too easy, use SPARK It Up! variations to provide additional challenges. If too difficult, simplify and slow down.
- Review the assessment sample provided on SPARKfamily.org. The Parachute Performance Rubric is an observational tool you can use to collect skill development data.
- A sample unit plan based on an instructional model of three 30-minute PE classes per week, is provided on SPARKfamily.org.
- Remember to use a short 5-7 minute ASAP activity before the main activity in your lesson. Choose several from the ASAP section to rotate throughout the unit.

Teaching Tips

- If outdoors, windy days make it difficult to do some parachute activities (e.g., domes, mushroom).
- If students are not starting and stopping on cue, play "Shake, Rattle and Roll" to reinforce those behaviors.
- Ask students to assist in unfolding, refolding, and storing the parachute.
- For additional lessons, teach activities again using the SPARK It Up! variations.

Safety

- Have students grip the actual parachute instead of grabbing the handles.
- If outdoors, ensure the grass is dry and free of obstacles (e.g., potholes, sprinkler heads, etc.).
- Establish a rule that students are not to be on top of the parachute, and only go under it when directed.
- If the parachute has a hole in the middle, tell students not to put their head or hands through the hole.