

# Parachute

## Introduction

Parachute play is fun and can be used to encourage cooperative behavior among students. Games and activities with the parachute provide all students, regardless of skills and physical abilities, opportunities to participate successfully. When parachute play combines stretching movements, strength development exercises, non-locomotor and locomotor skills, and rhythmic activities, a wide variety of physical and social parameters are addressed.

## What You Have

### SPARK Manual

- **Lesson Plans**
  - 14 activities sequenced by level of difficulty.
- **Inclusive Strategies**
  - Tips to help meet the needs of all students.
- **Supplemental Lesson Content**
  - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
  - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the “inside scoop.”
  - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
  - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
  - **Standards:** indicates which National PE Standards and grade level outcomes are addressed.
  - **SEL Competencies:** shows the lesson’s alignment with CASEL’s SEL competencies and related skills.
  - **Vocabulary:** a list of words used to highlight academic content during the lesson.
  - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

### SPARK Instructional Media

- **Unit Plan**
  - A model of 3, 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Assessment Sample**
  - Tips to help meet the needs of all students.
- **Limited Space/Large Class Ideas**
  - Ideas for modifying activities to respond to these challenges.