

**Gravity Falls: More with Parachute Play**  
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**Veramendi E**

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Grade Level: K-8

Equipment: 20", 24" parachute depending on class size

**Objective(s):**

Movement Skills: Perform movements to enhance physical fitness

Physical Activity: Use equipment safely and properly

Social Development: K-5 Work in a group setting cooperating with others

**Benefits of Parachute Play**

1. Encourages Cooperation: Parachute play take a group effort
2. Promotes Social Interaction: Encourages students to be more sociable in class
3. Improves Motor Skill Development: Various motor skills are used
4. Enhances Muscle Development: Learn names of muscles and ways to exercise them

**Gravity**

**Gravity** – Pulls everything toward the earth. This would be at an ever increasing rate of speed except for one thing: Air Resistance

**Air Resistance** – Also called drag, slows down items that are falling by pushing upward. When air resistance meets gravity it slows falling items down to a constant rate of speed called its terminal velocity.

The greater the surface area on an object that is falling, the more air resistance it encounters thereby lowering the terminal velocity (slowing down the object).

The weight and pliability of the object also affects the terminal velocity. A parachute made of wood or concrete would not be as effective as a parachute made out of **nylon**.

A nylon parachute is like a **canopy** that is **lightweight** and **nonporous**. It "captures" air as it falls making it fall at a slower rate.

**Inflation** - As the parachute is lifted up it inflates by allowing air to go in.

**Deflation** - When the parachute comes down air is coming out causing it to deflate.

Vocabulary: canopy, nonporous, lightweight, nylon, gravity, inflation, deflation

Biceps Push Downs

Triceps Extensions

Front Arm Raises

Single Arm Side Lateral Raises

Rhomboid Rows from Half Squat

Reverse Alternating Lunges

(With Arm Raises)

Squats

Squat with Power Twist

Plank with Alternating Front Arm Raises

(With Opposite Leg Raise)

Seated Abdominal Rotations Right/Left

6" Hold

V-Sit Right/Left Toe Taps Under Parachute

## Gravity Falls: More with Parachute Play

### Games

**Ocean Waves:** Students use their imagination and take a stroll along the beach while making sea waves.

**Air Conditioner:** Select students sit under parachute while others shake parachute producing air.

**Merry-Go-Round:** Using right hand and left hand identification, have students hold parachute with right hand only turning their bodies sideways to the parachute. Students walk in a circle creating a "Merry-Go-Round." Change directions by holding parachute with left hand only. Variations: As student move in a circular motion they can skip, hop, jog, run, etc.

**Popcorn:** Make popcorn by placing balls on parachute and shaking it to make them pop up like popcorn.

**Parachute Volleyball:** Split parachute down the middle making two teams. Place a ball on the parachute. Each team tries to knock the ball off on the other team's side.

**Snakes:** Place jump ropes on parachute. Shake parachute while trying to keep snakes from biting you.

**Ghost Town:** Predict which way the parachute will fall. Inflate parachute raising arms high into the air. Take three steps forward and when signaled, everyone releases parachute and watch it fall.

**Bubble:** On the count of 3 inflate parachute. When signaled, take 3 steps forward, pull parachute down to floor and place knees on edges.

**Climb the Mountain:** Students number off in 3s, 4s, or 5s. Make a bubble. Call out a number. The students with that number stand up and climb onto the bubble (mountain).

**Mouse Trap:** Students number off. Inflate parachute. Call a number and students with that number run underneath parachute exchanging places before parachute comes down.

**Camping Tent:** Make a bubble only this time everyone pulls the parachute down while on the inside of bubble pulling the edges in and sitting on them. Tell ghost stories.

**Washing Machine:** Make a tent. When on the inside, everyone work together to rock right, back, left, forward.