

# Up, Up & Away! Parachute Play

Parachute Activities to promote motor skill development



**Playing is Learning!**

## DESCRIPTION:

Grab an edge of the parachute and join in the fun! In this participatory workshop, learn games and activities that use this play canopy to teach motor skills and develop overall physical fitness. Developmentally appropriate activities for toddlers to school-age children will be shared. Come play "Pop the Bubbly," "Volcano," "Motor Boat," and many, many more!

## OBJECTIVES/LEARNING OUTCOMES:

- Demonstrate appropriate safety procedures and use of the parachute.
- Learn how to conduct games, exercises and physical activities that involve children of all ability levels, backgrounds and cultures.
- Learn and apply latest thinking on brain development and its connection to movement and physical activity.

## BENEFIT TO CONFEREES & CHILDREN:

The parachute is "user friendly" in that little or no skill is necessary to lead the activities. Participants will easily learn how to conduct games, exercises and physical activities that involve children of all ability levels, backgrounds and cultures. Information on the appropriate use of the parachute as well as safety procedures will be presented. This is a participatory workshop where developmentally appropriate activities for toddlers to school-age children will be shared.

## SUMMARY:

The parachute or play canopy is a versatile piece of equipment. It's a great "loose material" to pull out weekly and easily include in your successful motor skills or movement program. There are many physical and educational benefits children receive from using this action packed piece of equipment. The parachute curriculum teaches basic movement skills, concepts and games. It also develops health-related fitness—flexibility, increases muscular strength and endurance and "pumps up" our cardio respiratory system. Parachute play enhances children's listening skills, coordination, socialization, cooperation, rhythmic skills and perceptual motor abilities.

**AUDIO/VISUAL:** CD player

**FORMAT:** Active Involvement/Movement      Lecture/Discussion

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