PDC Plan (first 4 classes): Parachute Play

Programming Day Card - 1

Warm Up: Red Light, Green Light

Skill/Review: Parachute Movements

Drill: Waves

Games:

1. Shake Hands

2. Mushroom

3. The Mountain

4. Popcorn

5. Air Conditioner

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Duck, Duck, Goose

Skill/Review: Parachute Movements

Drill: Jerk

Games:

1. Parachute Tag

2. Ball Roll

3. Merry-Go-Round

4. Poison Snakes

5. Parachute Run

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Lilly Pad Leap

Skill/Review: Parachute Movements

Drill: Flip Flop

Games:

1. The Wave

2. All Challenge

3. Ball in the Bucket

4. Turtle

5. Beach Ball Fun

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Cool Corner

Skill/Review: Parachute Movements

Drill: Tight

Games:

1. Spaceship

2. Balloon Float

3. Cat and Mouse

4. Shark Attack

5. Roller Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment