

PDC Plan (Next 4 classes): Parachute Play

Programming Day Card - 1

Warm Up: Clean Up Your Backyard

Skill/Review: Parachute Movements

Drill: Snap

Games:

1. Thunderstorm
2. Balloon Float
3. Birthday
4. Around the World
5. Freeze

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Relay Races

Skill/Review: Parachute Movements

Drill: Wave

Games:

1. Popcorn
2. See Saw Pull
3. Shoe Shuffle
4. Flying Saucer
5. Parachute Volleyball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Speed Ball

Skill/Review: Parachute Movements

Drill: Jerk

Games:

1. Bouncing Balls
2. Turtle
3. Parachute Tag
4. All challenge
5. Poison Snakes

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Line Busters

Skill/Review: Parachute Movements

Drill: Flip Flop

Games:

1. Making Waves
2. Cat and Mouse
3. Shark Attack
4. Parachute Run
5. Around the World

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment