

PARACHUTE PLAY GAMES

1. Popcorn

Equipment Needed: Parachute, Small Balls

Set Up: Open Area/Space

How to Play:

1. Players hold the parachute in the MIDDLE position.
2. Place a number of small balls onto the parachute.
3. Instruct the players to make the FLIP-FLOP or SNAP movement to make the balls pop up like “popcorn”.
4. Continue until all the balls are off the parachute.

2. Ball Roll

Equipment Needed: Parachute, Balls

Set Up: Open Area/Space

How to Play:

1. Players hold the parachute in the MIDDLE position.
2. Place a number of balls onto the parachute.
3. Instruct the players to try to roll the balls into the hole in the center of the parachute (Or keep the balls out of the hole).
4. Continue until all the balls are off the parachute.

3. Making Waves

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Instructor calls out RIPPLING WAVE, GIANT WAVE, FLIP-FLOP, TIGHT, or SNAP (You can incorporate a story about a ship on the sea where FLIP-FLOP is a “storm”, TIGHT is “calm waters”, etc.).
2. The players respond with the corresponding Parachute Movement.

4. Merry Go Round

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Players turn their bodies sideways holding the chute with one hand.
2. They then walk (For variety players may hop, skip, jump, etc.) in a circle, making a "Merry-Go-Round".

Tips:

- The instructor can stop music as a cue to reverse and go the other direction.
- The instructor can yell out different speeds for the "Merry-Go-Round" to go.

5. Poison Snakes

Equipment Needed: Parachute, Jump Ropes

Set Up: Open Area/Space

How to Play:

1. Place three or four jump ropes onto the parachute.
2. Players then use a variety of parachute movements (WAVE, JERK, FLIP-FLOP, SNAP) to keep the snakes from "biting" (touching) them.

6. Parachute Tag

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While standing, the players make a GIANT WAVE.
2. The instructor calls out two players' names.
3. The two players must trade empty spots by running under the parachute before it comes down on them.

Tip:

- This is a good way to familiarize players with each other's names.

7. Mushroom

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While standing, players hold the parachute IN THE MIDDLE position.
2. On the count of three – with “one” and “two” being small practice lifts – create a GIANT WAVE.
3. Then crouch down pulling the parachute edges down as well to create what looks like a “mushroom”.

8. The Wave

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While holding the parachute, players raise their arms up, one after the other, in order creating a synchronized “wave” like in the stands at a baseball game.

9. Roller Ball

Equipment Needed: Parachute, Ball

Set Up: Open Area/Space

How to Play:

1. Players try to keep a ball rolling only on the outer edge of the parachute.
2. As the ball comes towards a player they will cooperatively lower their edge of the parachute.
3. As the ball moves away the player will raise their edge of the parachute.

10. All Challenge

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. The instructor will call out birthday months, pre-assigned numbers, colors, etc. as the players create a GIANT WAVE.
2. Players with the corresponding month, number, color, etc. will swap places by running to an empty space before the parachute falls.

11. Shark Attack

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. All players sit with their legs stretched out underneath the parachute which they are holding at CHEST level.
2. One or two players will be the designated “sharks” and crawl around under the parachute and try to “bite” (grab) people’s legs and pull them under the “water” (parachute).
3. The “bitten” player now becomes the “shark” and the “shark” replaces that player.

Tip:

- Have the players make small FLIP-FLOP movements to simulate “waves” in the “water”

12. See Saw Pull

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While in a SITTING position, players pull the parachute back and forth in a see-saw motion.

13. Shoe Shuffle

Equipment Needed: Parachute, Shoes

Set Up: Open Area/Space

How to Play:

1. The instructor will count off and call out a number.
2. All players with the selected number will remove one shoe and throw it in the middle.
3. Players will make a GIANT WAVE while the designated players find their shoe before the parachute comes down.

14. Bouncing Balls

Equipment Needed: Parachute, Balls

Set Up: Open Area/Space

How to Play:

1. Have the players hold the parachute IN THE MIDDLE position.
2. Place a number of balls onto the parachute.
3. Select one or two players to go under the chute and try to hit the balls from underneath and knock them off the parachute.

15. Flying Saucer

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. All players will create a GIANT WAVE.
2. Upon lifting the parachute all players will take one step forward.
3. On command, all players will let go of the parachute and watch as it slowly floats.

16. Ball in The Bucket

Equipment Needed: Parachute, Balls

Set Up: Open Area/Space

How to Play:

1. Divide players into two or more teams with each team having a different colored ball.
2. The teams will try and keep their colored ball from going into the center hole in the parachute while trying to make the other teams ball go into the hole.

17. Turtle

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. The parachute becomes a “turtle shell” while all players are underneath.
2. Players must work together in order to move around.

Tip:

- Provide designated destinations that the “turtle” needs to go to.

18. Beach Ball Fun

Equipment Needed: Parachute, Beach Ball

Set Up: Open Area/Space

How to Play:

1. Players use a variety of movements (RIPPLING WAVE, GIANT WAVE, JERK, TIGHT, and SNAP) to move and bounce a beach ball around the parachute.

19. Parachute Volleyball

Equipment Needed: Parachute, Ball

Set Up: Open Area/Space

How to Play:

1. Divide the players into two teams, one taking a side of the parachute.
2. The teams will attempt to knock the ball off of the other side (half of the parachute) past the other team, when this happens that team will receive a point.

20. The Canopy

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Players squat down with the parachute flat on the ground.
2. On the count of three, everyone stands up into an UP HIGH position causing the parachute to create a canopy.

21. Parachute Run

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Players take turns running on the parachute as it lies on the ground, while other players make FLIP-FLOP or RIPPLING WAVE movements.
2. The goal is to see how long each player can maneuver on the waves before falling down.

Tip:

- The length of turns can be determined by songs that the children choose to sing or that you choose to play.
- NOT recommended for hard surfaces.

22. The Mountain

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While STANDING, players create a GIANT WAVE and take one step forward.
2. Once the wave has been created players pull the edges of the parachute down to the ground and KNEEL on them.
3. Once players are kneeling they begin to crawl around on the parachute until all the air has escaped.

23. Thunderstorm

Equipment Needed: Parachute, Tennis Balls

Set Up: Open Area/Space

How to Play:

1. Players stand holding the parachute TIGHT and IN THE MIDDLE position simulating "calm water in the ocean".
2. Place a number of "ships" (tennis balls) onto the parachute.
3. Players "sail" (roll) the "ships" on the "ocean" (parachute) trying to keep them from falling off.
4. When the instructor yells "thunderstorm", players will use the FLIP-FLOP motion to create "choppy water".

Tip:

- Feel free to incorporate a story.

24. Shake Hands

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Players hold the parachute in the UP HIGH position.
2. The instructor calls out two players' names and those players must shake hands under the parachute and run back to their places.
3. Once the players return to their spots the group puts the parachute in the DOWN LOW position.
4. Then the instructor will ask "Who shook hands under the parachute?"
5. ALL players then repeat back the names of the two players who just shook hands under the parachute.

Tip:

- This is a good way to familiarize players with each other's names.

25. Cat and Mouse

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Choose two players to be the "cat" and the "mouse" and have the cat wait outside of the parachute facing away from it.
2. Have the remaining players SIT on the ground holding the parachute IN THE MIDDLE.
3. Have the "mouse" hide/crawl around under the parachute while the remaining players use the FLIP-FLOP movement to hide the location of the "mouse".
4. Then have the "cat" crawl around on top of the parachute trying to find the "mouse".
5. Once the "cat" finds the "mouse" choose two new players and continue until every player has had a turn as both "cat" and "mouse".

26. Balloon Float

Equipment Needed: Parachute, Balloons

Set Up: Open Area/Space

How to Play:

1. Place several balloons onto the parachute.
2. While STANDING players will create a GIANT WAVE and then bring the parachute down in the MIDDLE position and watch the balloons fall back down.

27. Pinwheel

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Each player passes their handle/edge of the parachute while being held in the MIDDLE to player next to them causing the colors to spin.

28. Air Conditioner

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While STANDING, players will cause a cool breeze by creating a GIANT WAVE and then immediately pulling the parachute back down the MIDDLE position.

29. Freeze

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Players use a variety of parachute movements (RIPPLING WAVE, GIANT WAVE, JERK, TIGHT, and SNAP) while music is playing.
2. When the music stops all players must "Freeze" until the music starts again.

30. Around the World

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. The instructor will designate different games as locations from around the world (Ex: "The Mountain" is Mt. Everest, "The Canopy" is the Amazon Rainforest)
2. In between each location, players must "cross the ocean" using the FLIP-FLOP motion to simulate water.

31. Birthday

Equipment Needed: Parachute, Balloons

Set Up: Open Area/Space

How to Play:

1. If it is a player's birthday (or close to a player's birthday) place a number of balloons corresponding to their age on the parachute.
2. Players then use a variety of parachute movements (RIPPLING WAVE, GIANT WAVE, JERK, FLIP-FLOP, TIGHT, SNAP) to throw the balloons up in the air while singing happy birthday.

32. Spaceship

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. While STANDING, players will create a GIANT WAVE and take one step in.
2. Then players will pull the edges of the parachute down to the top of their shoes.
3. At the same time all players will let go of the parachute and watch as the parachute hover off the ground like a "spaceship".