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