

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Nascar

Game Description:

Great parachute game that will get your children running!

Objective:

Run around the parachute before the parachute hits the ground.

Game Rules:

Students stand around the parachute holding onto the handles. The group will lift the parachute above their heads and it will slowly begin falling back towards the ground. As this is happening, the leader will call 2 children names who are across from each other. The object is to run around or under the parachute and switch spots before it hits the ground.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Rhythm
Run