

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Nascar

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### 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