

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Parachute Volleyball

Game Description:

A teamwork based parachute game

Objective:

to keep the ball on (or off) the parachute

Game Rules:

Divide kids into two teams. Team 1 will try to keep the ball on the parachute, Team 2 will try to knock it off. Switch teams after 2 minutes.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Skill instruction

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Track