

Earth Parachute

Item #15477



- **Overview.** The Earth Parachute takes you around the world! It is eye-catching, with colorful graphics that feature all seven continents and the five oceans. Has no handles that can cause tangles or limit the number of students who can participate. The 19'L x 13'W Earth Parachute features the FlagHouse patented, "handle-free" SUPERCHUTE™ Grip, designed for easier student handling.
- **What Are the Educational Applications?**
 - Promotes communication skills. Fitness, teamwork and cooperation activities are an important component of any level in Physical Education. When teaching these types of activities, an important component of discussion is communication. By focusing students on work in unison as one, rather than competing against each other, the entire group can feel the sense of accomplishment. Likewise, when students work together without arguing, it is a life lesson on the value of working well with others.
 - Another important component of discussion is lifelong fitness and understanding, which exercises strengthen which muscles, as well as the importance of maintaining a level of fitness that reflects a high quality of life.
 - Parachute activities help with the social aspect of development on top of the psychomotor aspect. However, in order to be successful it is imperative that the participants work together. Communication is the key to success.
- **How Can I Use This Product With My Students?**
 - **Where:** Can be used indoors and outdoors.
 - **Age:** Appropriate for a variety of age ranges - anyone from preschoolers to adults can use.
 - **Group Size:** For groups of 8 to 20. Focus is on group success versus individual.
 - **Basic Skills Needed:**
 - Appropriate parachute skills: shaking, lifting, waves.
 - Upper body strength equal to level of participation.
 - Does not require sports-related skills or high physical skill ability level.
- **Set Up/Instructions**

Targets on each continent and ocean reinforce cooperative effort and hand/eye coordination, as participants try to get the ball in a specific hole or perform other challenges. Activities do not require large amount of equipment or set up time.

The Games/Activities

- **Activity #1: Color Call Out**
 - a. **Objective:** This activity is recommended for the younger grades to promote cooperation and color recognition. Students work together to roll a ball into a mesh hole of a specific color.
 - b. **How to Play:** Using small foam balls, the teacher calls out a color (red, orange, blue, green, yellow and purple), then the students work together as a team to roll the ball into a color's mesh hold.
- **Activity #2: Color Exercise Leader**
 - a. **Objective:** Students get to lead exercises after their ball lands in the appropriate hole.
 - b. **How to Play:** Using small foam balls (red, orange, blue, green, yellow and purple), assign different students to different colors. When students roll the ball into that color's mesh hole, the group that was assigned that

color gets to pick an exercise for them to do together. Jumping jacks, sit-ups, jogging in place for a certain period of time, and push-ups are great examples of exercises for children to choose from.

• **Activity #3: Aerobics**

a. Objective: Have students perform aerobics steps with chute on the floor.

b. How to Play:

- March in place then in different directions.
- March in place while doing bicep curls.
- Do wide-in and wide-out steps in the same spot while moving the ball to the correct hole.
- March, then step touch forward while moving the ball to the correct hole.
- March then lunge backward while moving the ball to the correct hole.
- March and bicep curl while lunging.
- March with heel-tap-front or back while moving the ball to the correct hole.
- Can-Can kicks while moving the ball to the correct hole.

c. Extension: Have students perform the exercises while holding the parachute.

• **Activity #4: Tricep Extensions and Bicep Curls**

a. Objective: This activity works the bicep muscles.

b. How to Play: Have students take hold of the parachute in each hand with elbows in close to the body. Raise and lower in low numbered sets with a high number of repetitions.

c. Extensions:

- Lift and lower one arm at a time facing either center or standing sideways with the curling arm facing center.
- To work triceps, turn so back is facing center. Grip edge with palms up and elbows close to ears. Slowly raise and lower in low numbered sets with a high number of repetitions.

• **Activity #5: Rollup**

a. Objective: This works fine motor coordination as well as wrist strength.

b. How to Play: While standing, have each student take his or her edge of the parachute and roll it inward toward the middle about two steps, so chute is about the thickness of a ballet bar. Now, take students through a variety of muscle exercises:

- Facing toward the center, balance on toes and slowly raise and lower heels above the floor to strengthen calves. For variety, change toes from parallel to each other to pigeon toes in, or ballet first position toes out.
- With hip facing the center while balancing on inner leg, raise then lower the outside leg to strengthen thigh adductors. Make sure to do even amount of repetitions on both legs.
- Sitting on floor with straight legs under the parachute, do leg lifts and side leg lift raises (works hamstrings and hip flexors).
- Raise parachute upward so arms are parallel to floor then lower (front deltoids).
- Turn to the side so hip faces the parachute. Hold one handle, keeping arm straight and raise parachute to shoulder height then lower (side deltoids).

• **Activity #6: Travel the World Alphabetically**

a. Objective: To travel to all the parts of the Earth Parachute by making the ball land in each basket in alphabetical order.

b. How to Play: On the start signal, start a ball traveling the world, stopping at each designated area on the parachute in alphabetical order. How fast can you do it? How few mistakes can you make?

• **Activity #7: Geography Roll**

a. Objective: This is a great cross-curricular activity to get Social Studies into the gymnasium.

b. How to Play: Discuss with students North, South, East, West, Northeast, Northwest, Southeast and Southwest. Have them try to move a ball around the parachute using waves and shakes as you call out different directions.

c. Extensions:

- Discuss the different continents with students: Asia, Africa, Europe, North America, South America, Australia, and Antarctica, and give fun facts about them. Test knowledge by giving a fact, having students roll the ball into that continent's ball pocket. Some examples of facts you can use for this activity are:

Biggest by size

- #1 Asia (44,579,000 sq km)

- #2 Africa (30,065,000 sq km)
- #3 North America (24,256,000 sq km)
- #4 South America (17,819,000 sq km)
- #5 Antarctica (13,209,000 sq km)
- #6 Europe (9,938,000 sq km)
- #7 Australia/Oceania (7,687,000 sq km)

Number of countries

- #1 Africa (53)
 - #2 Europe (46)
 - #3 Asia (44)
 - #4 North America (23)
 - #5 Oceania (14)
 - #6 South America (12)
- Discuss the different oceans on the parachute with students and research facts on them as well. Then test student knowledge again by having them cooperatively move to the ball to the designated ocean hole goal.
 - Have students decide which hole they want the ball to go into. Have them work cooperatively to accomplish the goal and ask which directions the ball traveled to get to the final destination. With younger grades only use North, South, East and West directions.

•Activity #8: World Traveler

- Objective:** To move a ball from point to point, baskets designating oceans, countries and continents on the Earth Parachute.
- How to Play:** Give the students a series of places to make the ball move to and see how fast they can travel the world. Start with two places in a row and if successful give them three or more in a row.
- Extension:** Have two Earth Parachutes in play and try to be the first to accomplish the World Travel faster than the other Earth Parachute.

• Safety Issues & Concerns

All students must work together to avoid getting tangled in the parachute or stay underneath when directed to come out. It is important that everyone is paying attention and understands directions prior to beginning any maneuvers.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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