

CATCH® Go Slow Whoa Parachute

Item #18090

- **Overview.** This colorful nylon parachute helps kids learn about healthy eating with its “Go,” “Slow,” and “Whoa” messaging for distinguishing among different food choices. Features bright illustrations of various foods and netted targets for catching balls, beanbags and more. Web handles make it easy to distribute students around the parachute. Measures 19’ dia. Includes storage bag.



- **What Are the Educational Applications?**

- The CATCH Parachute is an exciting new piece of equipment that can be used to develop hand-eye coordination, upper body fitness, and cooperative teamwork skills while reinforcing the healthy lifestyle components of the CATCH program.
- The CATCH teaches various concepts via physical activity: fast, medium and slow movements; big, small and medium sizes; up and down; over and under; roll, shake, lift, push and pull.
- It also teaches health-related concepts: healthy food choices, CATCH nutrition and healthy habits for an active lifestyle.

- **How Can I Use This Product With My Students?**

- **Where:** Can be used indoors and outdoors.
- **Age:** Grades K to 8.
- **Group Size:** For groups of 4 to 20.
- **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:** These activities do not require a large amount of equipment or set up time.

The Games/Activities

- **Activity #1: Getting Down to Basics**

- a. **Objective:** Some basic activities to help get familiarized with working with parachutes.
- b. **NASPE Standard:** 1, 2, 3, 4, 5, 6
- c. **Set Up:** Make sure you are using a properly inflated ball in a clear, safe area.
- d. **How to Play:**
 - Shake the parachute at fast, medium and slow speeds.
 - Make waves with the parachute in small medium and big sizes.
 - Lift the parachute slowly to create an umbrella.
 - Lift the parachute and walk under it (without letting go), creating a mushroom, then walk back out.
 - Lift the parachute and while pulling it down in front of you, hold it down to the ground and create a mountain.

- Lift the parachute, take one step underneath to create a mountain, turn around, kneel down, hold it down and be inside the mountain.
- Hold the parachute in your right hand, walk around in a clock-wise rotation while lifting the parachute up to create a merry-go-round. Extensions:
 - Change locomotor skills: gallop, jog, skip,
 - Change direction.
- Lift the parachute up, then have everyone let go at the same time to create a floating cloud.
- Place a rubber chicken on the parachute and shake it. See if you can keep the chicken out of the holes. If you use an object or food that is a “Whoa” food, you can use this as an activity that “keeps the Whoa Food out of our bodies.”

• **Activity #2: Go, Slow, Whoa Food Find**

- Objective: To teach nutrition through parachute play.
- NASPE Standard: 1, 2, 3, 4, 5, 6
- Set Up: The teacher places several pieces of Go, Slow and Whoa foods under the parachute. The students shake the parachute to warm-up their muscles.
- How to Play: When the signal is given (music stops, whistle blows, or teacher signal), the designated students go under the parachute, select the appropriate food choice and return it to their spot at the edge of the parachute. They can then explain to the class, students next to them or a partner why they selected this food to meet the criteria chosen by the teacher. If the teacher asked for a Whoa food the student would go under the parachute, select a Whoa food (ice cream), and explain why they selected (no nutritional value) it to the person next to them when they return to their spot on the parachute.

• **Activity #3: Fill Your Plate**

- Objective: To teach balanced meals through parachute play.
- NASPE Standard: 1, 2, 3, 4, 5, 6
- Set Up: Students are numbered around the parachute.
- How to Play: The parachute is lifted into a big umbrella and a number is called. Those students crawl under the parachute, select a food appropriate for their food plate, and return to their spot to put it on the plate. Each time their number is called, the students will crawl under and select food to fill their plate.
- Extensions: Use a different movement skill (hop, slide, walk to move under the parachute) to retrieve the food.

• **Activity #4:: CATCH a Bucket of Food!**

- Objective: Designated “catchers” must collect the associated correct Go, Slow Whoa foods shaken off the parachute by the other students into green, yellow and red buckets.
- NASPE Standard: 1, 2, 3, 4, 5, 6
- Set Up: Three students are selected to be the catchers and step back from the parachute. The teacher places several Go, Slow and Whoa foods on the parachute.
- How to Play: Students begin to shake the parachute to get all the foods off the chute. Each time a “food” leaves the parachute, a food collector gathers the food and places it in the appropriate bucket. When all the foods are off the chute and in the buckets the class sits and discusses the placement of the foods. Were they all in the right buckets?
- Extensions: Only foods caught by the retrievers or students on the sides of the chute can be put in the buckets and others are throw back on the parachute; or the teacher only puts a few foods at a time to replace those that are shaken off.

• **Activity #5: Get it Right**

- Objective: Students try to shake the foods placed on the top of the parachute into the correct Go, Slow and Whoa nets on the parachute.
- NASPE Standard: 1, 2, 3, 4, 5, 6
- Set Up: Start with only one of each food value and then add more.
- How to Play: Watch out, food can pop out at any time. How long does it take you to get them in the right net? Can you get one in each net?

• **Activity #6: Roll Them Right**

- Objective: To direct the balls into the appropriate baskets.
- NASPE Standard: 1, 2, 3, 4, 5, 6

- c. **Set Up:** Place three foam balls (7" coated foam, one red, one yellow, one green) on top of the parachute.
- d. **How to Play:** On the signal the students try to roll the red ball into a Whoa basket, the yellow into a Slow basket and the green ball into a Go basket. How long did it take? Can you add more color balls? Can you fill each hole?

• **Activity #7: Shake Them In, Knock Them Out!**

- a. **Objective:** To provide a great upper body workout for the students holding the parachute; and a super workout for those under the chute.
- b. **NASPE Standard:** 1, 2, 3, 4, 5, 6
- c. **Set Up:** Place a Fruit and Veggie Toss Set (Item #10461) on the parachute. Select two or three students to go under the chute.
- d. **How to Play:** The students underneath the parachute aim to keep the fruits and veggies out of the nets. The rest of the class holds the parachute at face level, and shakes and moves the parachute, trying to keep the food in the nets. Change students under the chute every minute.

• **Safety Issues & Concerns**

- All students must work together to avoid getting tangled in the parachute or stay underneath when directed to come out.
- Participants should never place their heads in the mesh netting.
- 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.

24/7 Online Ordering!

Order FlagHouse products online 24/7! View our latest products, not yet in our catalogs! Create wish lists! Online specials! Hot Buys! Expanded content!

<http://www.FlagHouse.com>
<http://www.FlagHouse.ca>

FlagHouse Exclusive Online Specials!

FlagHouse Hot Buys! View our latest online product specials - this pricing is not available in our catalogs! Limited quantities, so get them while they are HOT!

<http://www.FlagHouse.com/HotBuys>
<http://www.FlagHouse.ca/HotBuys>

Do you have an idea for a brand new product or a new game idea? We would be happy to speak with you - contact us at <http://www.FlagHouse.com/NewIdeas>

Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

In the US: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

In Canada: FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

International Customers: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887