The Super Grip Chute Activities

- Shaking: fast, medium, slow, big, medium, small
- Ripples and waves: hurricanes and storms
- Freeze the Lake: pull it as tight as possible from a sitting or standing position: Great for upper body work
- The Merry-go-round: hold the chute with your right hand and walk, skip, gallop, jog around in a clock-wise rotation. Change hands and reverse the movement. Raise and lower the chute as you are going around
- The Umbrella: lift it up with a count of 4 and hold it soft until it comes down. Don’t let Go! Don’t Go Under!
  - Count the number of people
  - Wave to your friends
  - Balance on one foot
  - Have different colors or numbers go under and back to their place
  - Have different colors or numbers go across to the other side
  - Have different colors or number go under the chute and dance!
- Mushroom: lift it up and walk in with a count of 4 and walk back with a count of 4. Slowly!!!
- The Mountain: Lift it up and pull it down. Hold it to the ground with your hands and knees
  - Go inside the mountain 1 giant step when you are lifting it up, turn around, pull it down and you are inside the mountain
  - Lift, kneel down, lay down and put only your head under the parachute when you pull it down
- Tornado: a great cooperative activity that sends a bubble of air around the parachute. Start with a lift and pull down on one area of the parachute and continue that in order around the parachute. Reverse it and make it go faster
- Pop Corn: place several yarn or fleece balls on the chute and shake it until you can get them all off (use soft bean bags or foam fruits and veggies)
- Number Shake
- Snap and Penguin: slow lift up and fast pull down with a Penguin or other animal on the top
- Color Chase: Lift up the chute and one color or number runs around the chute as fast as possible back to their spot before the chute comes down.
- Floating Clouds: Lift up the chute slowly and all let go at the same time, don’t move and see where it goes!
- Roller Ball: get 1, 2 or 3 balls rolling around the parachute.
- Jaws! Sitting with legs under the parachute, 2 sharks swim under the chute and look for dinner. The sharks carefully and slowly pull the swimmers under the parachute where they also become sharks. Add lifeguards to save the swimmers!

Planetary Parachute
- Star Travel: from planet to planet
- Alphabet Travel the planets
- Warm Speed: Travel around the planets but not in them

Earth Parachute
- Visit the continents
- Travel the Sea

Swiss Cheese Parachute
- Baseball Games
- Swiss Cheese Golf
- Spelling Cheese and other words

Catch Parachute
- A healthy way to be active!
- Catch a healthy meal
- Shake it up and be healthy
- A Mountain of Food: See food from the inside of the Catch Parachute Mountain

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Equipment used:
Super Grip 30’ Parachute, Planetary Parachute, Earth Parachute, CATCH Parachute, Foam and Rubber Animals, 7” foam ball, Sea Creatures Bean Bags, Number Junior Poly Spots,