

Parachute Games

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Cat and Mouse

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• The cat and mouse can only crawl• Do not play this game on concrete• Cats must be gentle when tagging the mouse
HOW TO PLAY	<ul style="list-style-type: none">• Players sit in a circle around the parachute and shake the parachute to create waves• Leader chooses a mouse who must hide under the parachute• Leader chooses a cat who will crawl on top of the parachute and will try and find the mouse once the leader shouts "go" <p>If the cat catches the mouse, they win but if the mouse</p>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• All players to chant "catch that mouse"

Colour Party

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• Players must keep their head out of the hole in the parachute• All players must listen to the leader and come from under the parachute when they say "everyone out"
HOW TO PLAY	<ul style="list-style-type: none">• Players sit on the edge of the parachute – give each player a colour• Players stand up and lift the parachute as high as they can• When the parachute is lifted, the leader calls out a colour• The children of that colour, must run under the parachute, high-5 someone and run to the other side• If the leader calls out "colour party", every player must run under the parachute and find a new place
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Change the colours to a different category – e.g. fruit, countries

Sharks and Lifeguards

EQUIPMENT	<ul style="list-style-type: none"> • 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none"> • Lifeguards must rescue using both arms and holding underneath the armpits • Shout “everyone out” if there are too many players under the parachute
HOW TO PLAY	<ul style="list-style-type: none"> • All players sit down, with their legs stretched out in front of them under the parachute • Choose a shark and a lifeguard • Players shake the parachute, and the shark starts to “eat” other players by pulling them under the parachute • The lifeguard must try to save players being pulled under the parachute • Once a player is pulled under by the shark, they turn into a shark to • When all players are eaten, the game is over
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • Add additional lifeguards • Use a time limit for the game

Cowboys Vs Outlaws

EQUIPMENT	<ul style="list-style-type: none"> • Cones • 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none"> • Shout “everyone out” if there are too many players under the parachute • Create a coned area called the ‘red zone’
HOW TO PLAY	<ul style="list-style-type: none"> • Select 1-6 outlaws and ask them to stand in the ‘red zone’ • Cowboys/ girls should make a tent by lifting the parachute over their heads, under their bottoms behind them and sitting on it • Give the outlaws a countdown before they can exit the red zone and attempt to ‘break into’ the cowboy territory • If they crawl into the tent, they win the game
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • Increase/ decrease the number of outlaws per game

Cat and Mouse

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• Players must keep their head out of the hole in the parachute• Ensure both cat and mouse are crawling on their hands and feet
HOW TO PLAY	<ul style="list-style-type: none">• Hold parachute stretched out at about waist height whilst sat down• Two players become mice and crawl underneath, and another two players become cats and crawl on top of the parachute• The rest of the group try to hide the mouse by moving the parachute up and down• The 'cat' must try and find the 'mouse' by tagging them
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Introduce additional cats and mice

Popcorn

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• Ensure only soft balls are used
HOW TO PLAY	<ul style="list-style-type: none">• Balls are placed onto the parachute and children are divided into teams• One team must try and keep the balls on the parachute while the other team try and get them off
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Add a time limit• Swap the teams over

Mushroom

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• Players stand around the parachute and hold onto a handle
HOW TO PLAY	<ul style="list-style-type: none">• Players shake the parachute and on the count of three, everyone raises the handle above their head and down to the floor• A mushroom is created by lifting the parachute over their heads, under their bottoms behind them and sitting on it• The leader then asks some get to know you questions for all players to answer
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Get creative with the games to play whilst in the mushroom

Ball Roll

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• All players hold the parachute• The ball is placed on the parachute
HOW TO PLAY	<ul style="list-style-type: none">• All players work as a team to roll the ball around the edge of parachute without it falling off• How many rotations of the ball can the team make
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Split the players into two teams – Team one on one side of the parachute and vice versa• Teams must try and roll or bounce the ball on the parachute to the other team's side• A team is awarded a point every time the ball reaches the opposite side• Introduce a time limit or first team to earn 10 points wins

Merry Go Round

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• All players hold the parachute
HOW TO PLAY	<ul style="list-style-type: none">• Players all turn sideways, facing the same way with one hand on the parachute• Use different fundamental movements to move around in a circle (walk, jog, skip, jump)• Switch directions
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">•

Waves

EQUIPMENT	<ul style="list-style-type: none">• 1 parachute
SET UP AND SAFETY	<ul style="list-style-type: none">• All players hold the parachute whilst standing
HOW TO PLAY	<ul style="list-style-type: none">• One at a time, players put their hands up in the air, lifting the parachute to make a wave• Move the parachute at different paces
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• How big or small can the players make the waves