

# PARACHUTE GAMES

## Washing Machine

Arrange children in a large circle and go through instructions:

*We do a washing machine routine - 1/2 the children are the machine; 1/2 the washing.*

*Just like washing routine: in goes the washing (children sit under the parachute) in goes the powder - and mix - give the parachute a good shake. The washing turns one way - run around in a circle turning the parachute - then the other. Rinse (shake) turn (circle) again. Shake and then dry - Up and down in big movements.*

*Repeat - reversing roles of children - GREAT FUN!*

*Equipment Required  
Parachute*

## PARACHUTE GAMES-Cool Down

### Air Condition

Arrange children in a large circle and go through instructions:

*Hold the chute stretched out and have about a third of the people lie on the ground under it (best with heads near the middle). The rest mushroom the chute up and quickly pull it down again repeatedly. Air rushing in and out cools those underneath like a giant fan, and the sensation of watching the chute rise up and then come down on top of you is very strange.*

*Equipment Required  
Parachute*

sportscotland



**NHS**  
Eileanan Siar  
Western Isles

  
healthyliving

# PARACHUTE GAMES

## The Grand Old Duke of York

Arrange children in a large circle and go through instructions:

Everyone stands holding on to the parachute. Start singing the grand old Duke of York. Every time you sing "up", lift the parachute up. Every time you sing "down", lift the parachute down.

*Equipment Required*  
*Parachute*

# PARACHUTE GAMES

## Tent

Arrange children in a large circle and go through instructions:

*Usually finish with this. Everybody stands holding on to the parachute. Bend your knees, count to 3, lift the parachute up above your head, take a step forward, you then pull the parachute down behind you and sit on it, hence making a tent. You can then play Chinese whispers or sing a song.*

*Equipment Required*  
*Parachute*

sportscotland



**NHS**  
Eileanan Siar  
Western Isles

  
healthyliving



# PARACHUTE GAMES

## Sharks

Arrange children in a large circle and go through instructions:

*Everybody sitting down with their legs straight out in front of them underneath the parachute. You then pick a shark to go underneath and to kill the fish by grabbing their legs. Once killed you just lie with your eyes closed underneath the parachute. You can get everyone not killed to sing the theme tune from Jaws the movie. "De -ne-ne-ne"*

*Equipment Required*  
**Parachute**

# PARACHUTE GAMES

## Scoring Game

Arrange children in a large circle and go through instructions:

*Everyone stands holding on to the parachute. Divide the parachute in half and one team plays against the other. Fling the ball on top and to score a goal one team has to fling or shake the ball off the other team's side of the parachute. Play up to as many as you like.*

*Equipment Required*  
**Parachute, ball**

sportscotland



**NHS**  
Eileanan Siar  
Western Isles

  
healthyliving

# PARACHUTE GAMES

## Popcorn

Arrange children in a large circle and go through instructions:

*Everybody standing round the parachute. Set the scene about making the popcorn. Number everybody 1 or 2. Tell the number ones to stand back from parachute. Place a load of soft balls in the centre. You then get the number two shaking the balls off the parachute. Meanwhile the number ones doing their best to throw the balls back onto the parachute. Swap over.*

*Equipment Required*

*Parachute, basket of soft balls*

# PARACHUTE GAMES

## Cat & Mouse

Arrange children in a large circle and go through instructions:

Everybody sitting down with his or her legs crossed. Pick two people to crawl as low as they can underneath the parachute - the mice. You then pick a cat to crawl on their hands and knees on top of the parachute with its eyes closed or blind folded to try and catch the mice. Everybody else shakes the parachute to hide the mice.

*Equipment Required*  
*Parachute*

sportscotland



**NHS**  
Eileanan Siar  
Western Isles

  
healthyliving



# PARACHUTE GAMES

## Rocket

Arrange children in a large circle and go through instructions:

*Everyone stands holding the parachute. Bend your knees, count to three, lift the parachute above your head and the ball will travel up into the air. Try to use the parachute to catch it when it comes back down. You can use as many balls as you like. You can try and make the balls touch the roof (if indoors). When starting have the ball or balls in the centre of the parachute.*

*Equipment Required  
Parachute, soft balls*

# PARACHUTE GAMES

## Mexican Wave

Arrange children in a large circle and go through instructions:

The idea is to have the ball travelling around the outside of the parachute in a circle. To do this, you bend your knees and hold the parachute down until the ball passes you. You then lift the parachute up. "Quite hard to do."

*Equipment Required  
Parachute, a ball*



# PARACHUTE GAMES

## Mushroom

Arrange children in a large circle and go through instructions:  
*Remind not to hold onto the handles*

*Everyone standing round the parachute holding on. Bend your knees and count to 3, lift up the parachute up above your head and start mushroom. Continue as many times as you like. The parachute will make a mushroom shape.*

*Equipment Required*  
*Parachute*

# PARACHUTE GAMES

## Colours

Arrange children in a large circle and go through instructions:

*Everybody stands holding on to one colour on the parachute. Start lifting the parachute up and down; the leader then shouts a colour and the person holding that colour runs underneath the parachute to the same colour somewhere else on the parachute. If going well, you can shout two colours at the one time.*

*Equipment Required*  
*Parachute*

sportscotland



**NHS**  
Eileanan Siar  
Western Isles

healthyliving