

Parachute Relay

- Use the length or width of the gym
- Divide students from each class into groups of 5 or 6 (you will need two groups of 5 or 6 to be together, so you will need an even number of groups per class).
- Each group of 5 to 6 students will need a parachute.
- Each group will need to be paired with another group from the same class.
- Start all groups at one end of the gym.
- Place letters for word scramble in an envelope at the opposite end of the gym. (there should be enough envelopes for each group of 5 or 6).
- Groups of 5 to 6 will need to work together with the group they are paired with.
- The second group stands just ahead of the group they are working with.
- The first group should stand closest to the wall and they start with the rubber chicken on their parachute.
- The first group must work together to fling the chicken to the second groups' parachute. The second group must catch the chicken with their parachute (students cannot use their hands, etc... to help get the chicken into their parachute.) If the chicken drops, they must give it back to the first group to try again.
- If the second group successfully catches the chicken, then the first group must run together under the second groups' parachute to get on the other side of the second group. They must each hang onto the parachute as they move to the other side of the second group.
- The first and second group continue to fling and catch the chicken until they work their way down to the opposite side of the gym.
- When the two groups reach the other side of the gym, each group needs to retrieve their envelope. They cannot open the envelope until they work their way back down to the other side of the gym, where they started.
- When both groups get back to where they started, each group works on their own, opening their envelope and unscrambling the words. After all the words have been unscrambled, then each group must work together and complete 20 repetitions of each exercise they unscramble. Words will be colored coded (letters of the same color go to the same word.)
- When a group completes 10 repetitions of each exercise 3 times each, each individual from that group should go get their question sheet from their teacher. Each individual works on their own set of questions.
- The first individual overall to complete all questions and get all answers correct score 2 points for their team (class).
- Any individual after the first group that completes all questions and gets all answers correct score 1 point for their team.
- First come first serve for correcting from their teacher.

Equipment/Materials needed:

10 to 12 parachutes

5 to 6 large Rubber chickens

Laminated letters for each of the following exercises: Pushups, Burpees, spidermans, curlups, squats, Gorillas (letters of the same word should be the same color, for example: pushups (blue), Burpees (yellow), etc...

You will need 12 sets of letters for all 6 words.

Question sheets (one per student in each class)

Pencils (one per student in each class)