

Tiny Tots HDLAC Program#

Tiny Tots - Parachute Games Wk 7; Wk 13

8:15-8:35am GROUP INTRO GAME

TEN PIN JUMP (MILD DODGE BALL) - *Jumping coordination*

Children stand between the witches hats that make a square, "standing in the lane", all facing where the balls will be rolled from. Roll the bowls down the "lane" and get them to jump over it, and without jumping past the hats. Start with 1 or 2 balls. Use other styles such as:

- 1) Roll as many balls as fast as possible at them.
- 2) Rolls balls down lane and get them to hop on one leg over them
- 3) Roll balls down land and get them to stand in a tunnel ball position.

ROLL CALL

Children moved into their 4 groups, but stay as 1 group, knowing their groups makes it easier for a couple of activities.

8:35-9:40am PARACHUTE GAMES

(6 different activities approx. 10 minutes -
with a drinks break@9:05am for 5 mins)

We may need to have a little practice with the parachute at first.

ACTIVITY 1 - WAVES

Children shake the parachute up and down creating waves. We then get them to make waves while doing the following activities:

- 1) Shake it with both hands
- 2) Shake with the right hand only
- 3) Shake with the left hand only
- 4) Shake it bent down near their feet
- 5) Shake bent down at the knees
- 6) Shake at the level of their chin
- 7) Shake while holding it above their heads
- 8) Shake the parachute while sitting down
- 9) Shake it while kneeling down
- 10) Shake while balancing on the right leg
- 11) Shake while balancing on the left leg
- 12) Shake while jumping on the spot.

ACTIVITY 2 - MILKSHAKE

Same as WAVES activity, but we add balls and bean bag animals, with the children having to keep them from falling on the ground. Follow the same actions as WAVES.

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ACTIVITY 3 - BUBBLES

The children make a giant air bubble, by everybody crouching down holding the parachute by the edge with both hands, and after "1...2...3...BUBBLE!" we stand up quickly, raising the parachute above our heads, and pull it back down making a big bubble. The children can squish the bubble.

A variation to this if we can, is taking turns in our team numbers we can call out a number, and have everyone from that team run under the parachute bubble, go round in the circle, and then come back out before the parachute goes flat onto the ground.

ACTIVITY 4 - IGLOO

We begin the same as making the bubble. Once the parachute is in the air, the children take one step forward and pull the parachute down behind them so that they end up under the parachute ('inside the igloo'). Children should sit on the perimeter of the igloo holding down its edges.

ACTIVITY 5 - SNAIL

The "igloo" can be transformed into a "snail" which can move. As the children remain on the perimeter of the parachute and holding down its edges, we will ask them to move/crawl in certain directions so that the whole "snail" moves.

ACTIVITY 6 - WASHING MACHINE

We will take this in turns according to team numbers. The first group will be lying flat on their backs, arms by their sides as close to the middle of the parachute as possible, with all other teams standing on the perimeter holding the parachute. The children under the parachute are the "dirty washing" that has been put into the machine. The following then happens:

- a) First put in the washing powder - the children holding the parachute have to hit the parachute with their hands
- b) Next the washing machine is turned "on" - the children holding the parachute shake it vigorously from side to side
- c) Once the "washing" has finished, then we have the "rinse cycle" - the children shake the parachute up and down creating waves
- d) Next comes the "spin cycle" - the children walk slowly around in a circle, while holding the parachute tight, being careful not to step on anyone underneath
- e) Lastly, the clothes are hung out to dry - involves making "bubbles" over the children under the parachute.
- f) Time to swap places - next team in, previous team out.

9:40-9:45am ENCOURAGEMENT AWARDS & PHOTOS

EQUIPMENT NEEDED – Whistle, Parachute, Balls, Witches Hats, Bean Bag Animals.