



ATHLETICS



DANCE



GAMES



GYMNASTICS

## Description of Activity

Arrange pupils in a circle around a parachute, holding onto the handles or the edge. Practise the correct holding technique with the parachute. Invite pupils to walk around in a circle holding onto the parachute and sing:

*There was a man in our town who went for a WALK one day.*

*But the wind blew so hard he turned around and WALKED the other way.*

Pupils change direction on 'turned around'. After they have practised this using the FMS of walking, change the word in the song to 'hop' and invite pupils to hop on one foot around in the circle.



## Variations

- Use a variety of different FMS, such as run, hop, skip, etc. to replace the word 'walk' and encourage pupils to add to the storyline.
- Throw some beanbags onto the parachute. Try not to let any fall off as you hop around.
- Hold the parachute at different heights while moving.

## Equipment

Parachute



- If this activity is taking place indoors, ensure the floor surface is dry and free of hazards. If the activity is taking place outdoors, ensure the terrain is even underfoot.
- Pause the activity at intervals to focus specifically on hopping technique. Invite one pupil to demonstrate correct technique, allow pupils to practise freely in pairs, and then return to the parachute activity.



- Try to hop around the yard at playtime with a partner.



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