



Lesson 2 - Parachutes

Subjects: Physical Education, Math

Learner Outcomes:

1. Students will understand as the parachute fills with air, it rises to form a canopy above them.
2. The students will understand that the chute permits enough air to escape in order to stabilize the parachute as it slowly descends.
3. The students will demonstrate actions that facilitate communication and cooperation in groups.
4. The students will demonstrate rhythmical, expressive, and creative activities.
5. The students will be able to compare and analyze the collected data

Lesson duration: Two 35 - 40 minute class periods

Materials: regulation size parachute, stop watch, parachute music, [flight log](#)

Technology Tools/Courseware: compact disc player, camera, computer, Excel

Teacher Notes:

- Use of camera
- Use of computer

Procedures:

1. Students will be taught the proper procedures on how to hold the parachute.
2. Discuss with the students why the parachute rises when it fills with air.
3. Discuss with the students why the parachute falls.
4. Let students practice lifting the chute, releasing, and letting it descend.
5. Take 5 timings of the flight duration and record data.
6. Let students practice creating a mushroom by bringing the rim of the parachute down to the floor quickly as it attains maximum height.
7. Take 5 timings of the mushroom descending.
8. Discuss the difference in the time for the parachute to fall when released and while holding onto it.
9. [Creative play](#) and [Various Games](#). Play music.
10. Take pictures.

Day 2

1. Divide students into groups of 2-3, depending on the amount of computers
2. Give each group a copy of the data.
3. The students will use the data to make a chart on Excel, for both flight duration and mushroom descending.
4. Discuss the difference in the two charts.

Evaluation/Assessment: class participation, completed chart



West Virginia IGO's:

P.E.: PE 3.5.1

Math: MA 3.5.1, 3.5.4

Technology: TEC 3.3.1, 3.3.2

References:

Fait, Hollis F., Physical Education for the Elementary School Child; W.B.Saunders Company

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Parachute Flight Log

Lift and Release

| | | | | | | |
|------|---|---|---|---|---|---------|
| Lift | 1 | 2 | 3 | 4 | 5 | Average |
| Time | | | | | | |

Lift and Hold

| | | | | | | |
|------|---|---|---|---|---|---------|
| Lift | 1 | 2 | 3 | 4 | 5 | Average |
| Time | | | | | | |

Creative Play

There are also interesting possibilities for creative play. With the parachute held at waist height, different patterns of waves and billows can be created by each child shaking the chute in independent action. Unusual patterns can be created also by small groups working together to achieve a specific motion. To facilitate this activity, the children can be separated into groups of three or four to plan the movement they will contribute to the pattern.

Various Games

When children have learned to raise the parachute and to make the mushroom, various games can be introduced. The objective of the games adapted to parachute play is to accomplish the goal of the game before the parachuted collapses; for example, any one of the games in which participants try to change positions without being tagged by the one who is "It" may be adapted by having the students try to change places before the parachute descends. Another possibility involves the use of a light ball. The chute is raised with the ball resting on top. The class attempts to bounce the ball or otherwise maneuver it about on the parachute.