

## LEVEL 2

## PARACHUTE PLAY

## HURLING / FOOTBALL / HANDBALL / ROUNDBALL



## EQUIPMENT LIST



## Beanbags



## Cones



Football

## Parachute Play

## Organisation

- Set up area as shown
- All participants stand at an equal distance holding parachute
- All players moving left, then right when holding the parachute
- Shaking Parachute with coaches help (Progress - coaches let go)
- Place child in middle of parachute and move around
- Place all types of balls/beanbags on parachute - try not let any fall off
- Players race to other side when parachute is in the air when instructed to do so

***Use STEPR to adapt and progress activity***

***Space, Time/Task, Equipment, People, Rules***

## Notes

[illegible]