

NTI Day 9 – Health and Physical Education

Learning Target – I will demonstrate cooperation with teammates in order to master difficult challenges.

Kentucky Academic Standards: Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others. Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.

- K.4.SW1 Share equipment and space with others in physical activity settings.
- 1.4.SW1 Work with others independently in a variety of physical activity settings.
- 2.4.SW1 Work with others independently in partner environments.
- 3.4.SW1 Work cooperatively and communicate positively with others in physical education, regardless of skill level.
- 4.4.SW1 Encourage and accept all peers in a variety of physical activities.
- 5.4.SW1 Accept, recognize and actively involve others, with both higher and lower skill abilities, into physical activities and group projects.

Describe how your team performed. Things to consider: Did your team work well together or did you have difficulties? Were you a good teammate? Did you support one another? Did you communicate with one another?

This can be completed on paper or a google form

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PARACHUTE PASS

ACTIVITY GOALS

- I will demonstrate cooperation with teammates in order to master difficult challenges.

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First

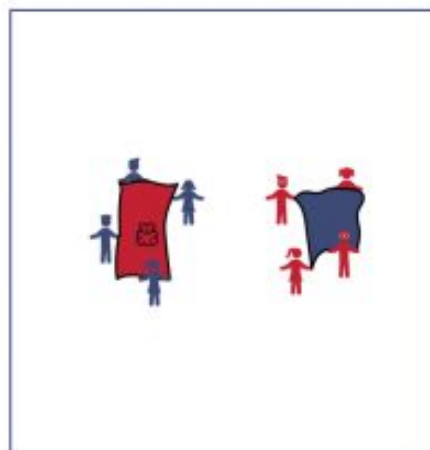
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 mini-parachute, large towel, or small tarp per group of 3-5 players
- 1 medium-sized tossable object (ball, stuffed animal, etc.) per 2 groups of 3-5 players

Set-Up:

- Group players (3-5 per group), each with a mini parachute/large towel.
- 2 groups will work together as 1 team during this challenge. They will start across from each other, about 8 feet apart.
- 1 of the groups starts with the tossable object on their mini parachute/towel.



Activity Procedures:

- It's time to play Parachute Pass! Let's work together to pass the object safely back and forth.
- On the start signal, the group that has the object on their parachute will try to send it through the air in the direction of their teammates in the other group, who will try to catch it on their parachute. If a catch is made, the entire team gets a point...no catch, no point.
- Switch roles so the catching group now tosses and vice versa.
- Once a team accumulates a total of 5 points, 1 of the groups move back 2 giant steps, increasing the distance between the groups. Continue this pattern.

Tips:

- Create additional challenges by trying to pass objects that fly differently through the air. Then try multiple objects at the same time.