



Age range

- 4-14.

Group size

- Four or more.

What you need

- Parachute.
- Variety of softballs and/or small balls.

Safety points

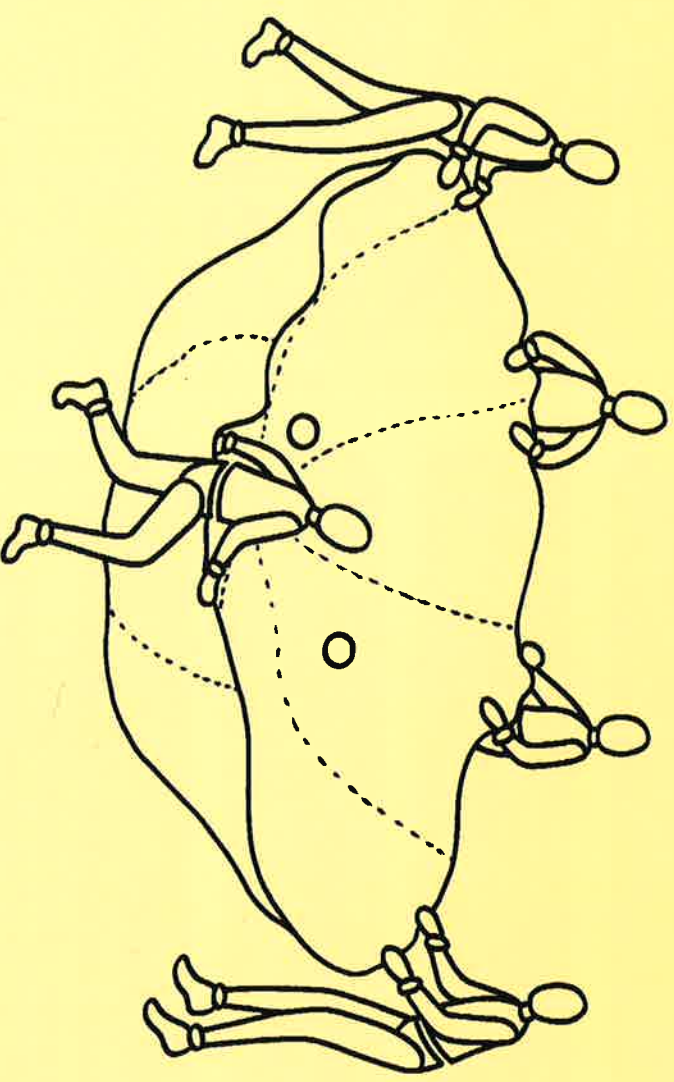
- Take care not to pull too hard on the parachute when holding it taut.
- Watch out for balls flying off the parachute.
- See page 34 in the Activity Club booklet for further safety information.

Easier

- Reduce the number of balls.

Harder

- Use other balls such as airflow and larger balls.
- Aim to get the foam balls going higher.



What to do

- Stand evenly around the outside of the parachute, facing in towards the centre. Hold the parachute taut.
- Place one ball in the middle of the parachute and make it bounce around by moving your arms up and down and causing the parachute to 'ripple'.
- Begin to add more and more balls. Shake the parachute with different levels of energy to make the balls 'pop like popcorn' up into the air.