

Session plan and risk assessment

Parachutes

Session length: 90 minutes

Instructor/participant ratio: 1/12

Session aim: to enable the children to learn vocabulary linked to the activity (colours and shapes) and to coordinate themselves to do 3 basic shapes.

Equipment required: parachutes from the equipment store (1 big and 2 small), 2 balls, a walky-talky and a first aid kit.

Suitable activity areas: outside on the grass or on the tennis court

Time	Content of the activity
-5	Preparation of the activity: Check the information regarding the group: age, aptitude, experience and number of children Check that you are aware of medical problems Take the equipment out of the equipment store and check the area you want to use is suitable.
0	Meet the group Introduce yourself and describe the activity. Check the group: correct group, number of children, medical information, and correct clothing / footwear is worn by all.
5	Presentation -Safety brief -how to hold the parachute correctly : be vigilant cause the parachute are really fragile, especially on the stitches. They need to be hold by the handles. Don't let anybody walking on it with shoes on



Games

With the parachutes, there are a lot of games you can do. Try to vary them and change at least every 20 minutes.

In the box with the parachute, you'll find a booklet with a lot of ideas (about ten) but you can bring you own one as well

In the box, there are also multicolour balls you can play with (pop-corn games is one of the most popular one)

You can also use this material to compliment some of our traditional French games, eg. "le filet aux pêcheurs".

Don't hesitate to use this tool; especially with the smaller kids who love it. Be creative and original, but keep in mind the safety rules !

80

Review

Review the activity using the appropriate review tools as listed below and language used.

90

Finish the review and thank the group

Tidy the equipment away in the right place

Review tools for parachutes:

What I liked

Positive feedback

Coordination

Language linked with the activity



Danger	Risk	Persons at risk	Degree of probability	Control measure	Consequence
If outside; hot weather	Sunburn, dehydration	Instructor/gro up	Medium	Instructor to provide sun cream and make sure children have hats, give drinks constantly – not just at break time.	Low
Tripping over or slipping, especially when under the parachute	Injury	Instructor/gro up	Medium	Instructor to give a safety brief and to make sure there is nothing dangerous on the floor.	Low
Damaged equipment	Injury	Group	Medium	Instructor to check all the equipment before giving it to the children	Low

