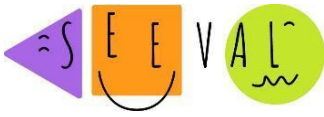


1. Activity title	Parachute Power: Collaborative Gym Activity		
2. Target group	Ages 12 - 13		
3. Duration	30-45 minutes (adjustable based on the group size and desired level of engagement)		
4. Learning Environment	Gym		
5. Learning outcomes	to promote teamwork, coordination, and physical engagement among participants		
6. Subjects and topics covered	Physical education; body-mind perceptions and related emotions; strategy		
7. SEL competences	<table border="0"> <tr> <td style="vertical-align: top;"> <p><u>PERSONAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identifying and expressing emotions <input type="checkbox"/> Self-regulation <input checked="" type="checkbox"/> Identifying strengths/self efficacy <input type="checkbox"/> Growth mindset <input type="checkbox"/> Wellbeing <input type="checkbox"/> Dealing with negative emotions <input type="checkbox"/> Flexibility/resilience/problem solving </td> <td style="vertical-align: top; padding-left: 20px;"> <p><u>SOCIAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Empathy <input type="checkbox"/> Appreciating diversity <input checked="" type="checkbox"/> Relationship building <input checked="" type="checkbox"/> Collaboration <input type="checkbox"/> Conflict resolution <input type="checkbox"/> Ethical and responsible behavior and decisions <input type="checkbox"/> Dealing with negative relationship such as bullying </td> </tr> </table>	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identifying and expressing emotions <input type="checkbox"/> Self-regulation <input checked="" type="checkbox"/> Identifying strengths/self efficacy <input type="checkbox"/> Growth mindset <input type="checkbox"/> Wellbeing <input type="checkbox"/> Dealing with negative emotions <input type="checkbox"/> Flexibility/resilience/problem solving 	<p><u>SOCIAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Empathy <input type="checkbox"/> Appreciating diversity <input checked="" type="checkbox"/> Relationship building <input checked="" type="checkbox"/> Collaboration <input type="checkbox"/> Conflict resolution <input type="checkbox"/> Ethical and responsible behavior and decisions <input type="checkbox"/> Dealing with negative relationship such as bullying
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8. Method / Didactic techniques	Group work, Problem Solving		
9. Tools / Materials / Resources	Large gym parachute/ parachutes (with handles) Optional: recorded music or percussion instruments		
10. Detailed description of the step-by-step description of the activity / sequences of the units	<p>Note: Ensure the safety of participants by reminding them to be aware of their surroundings and avoid pulling or tugging on the parachute excessively. Encourage participants to work together and be mindful of their teammates' movements.</p> <p>1. Introduction:</p>		



	<ul style="list-style-type: none">- Explain that the activity focuses on teamwork, coordination, and physical movement.- Emphasize the importance of communication and collaboration throughout the activity. <p>2. Warm-up:</p> <ul style="list-style-type: none">- Lead the participants through a brief warm-up routine to prepare their bodies for physical activity.- Include exercises that involve stretching, light cardio movements, and joint mobilization. <p>3. Parachute Handling and Coordination:</p> <ul style="list-style-type: none">- Demonstrate and explain the basic techniques of parachute handling, such as how to hold the handles and create different movements.- Guide participants through simple coordination exercises, such as making waves, ripples, or small lifts and drops using the parachute. <p>4. Team Challenges:</p> <ul style="list-style-type: none">- Divide participants into small teams of 6 people each.- Assign each team a specific challenge to complete using the parachute. Examples of challenges include:<ol style="list-style-type: none">1. Place lightweight balls or balloons on the parachute and work together to make them bounce and eventually launch them off.2. Coordinate and communicate as a team to switch places under the parachute without it touching the ground.3. Create a tunnel by raising the parachute high while one participant crawls underneath. The others must try to tag the "mouse" as they move through the tunnel.4. Work as a team to create a continuous wave motion around the parachute without breaking the rhythm (you can use recorded music or percussion instruments). <p>5. Collaboration and Reflection:</p> <ul style="list-style-type: none">- After each team challenge, gather all participants together to reflect on the experience.- Encourage participants to share their observations, such as effective strategies, communication techniques, and the importance of teamwork. <p>6. Optional: Rotation</p> <ul style="list-style-type: none">- For an additional challenge, rotate the challenges. Teams should improve the experiences shared by the previous teams, finding new solutions. <p>7. Conclusion and Cool-down</p>
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	<ul style="list-style-type: none">- Wrap up the activity by leading a short discussion on the importance of teamwork, communication, and coordination in achieving success during the parachute challenges.- Guide participants through a gentle cool-down routine, including stretching exercises to relax their muscles.
11. Extension / Take home activity	<i>No</i>
12. Feedback & assessment	Peer discussions
13. Intellectual property rights (IPR) / Origin of the activity	CC Attribution-NonCommercial-NoDerivatives 4.0 International / University Ca' Foscari Venezia