**Parachute Activity**

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| **Student Names** | **Grade Six Parachute Games** |
| **Specific Expectation**Demonstrate behaviours and apply procedures that maximize their safety and that of othersduring physical activity | **Specific Expectation**Participate in sustained moderate to vigorous physicalactivity, with appropriate warm-up and cool-down activities |
| Success Criteria:* Communicating to each other
* Following safety directions
* Two hands on parachute
* Stopping and starting when signalled
 | Success Criteria* Heart rate elevated
* Moving constantly
* Breathing more heavily
* Sweating
 |
| Yes | No | Yes | No |
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