**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 others  during physical activity | | **Specific Expectation**  Participate in sustained moderate to vigorous physical  activity, 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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