



#FontanaTogether

Parachute Ping Pong

Equipment:

- Bed sheet or blanket
- Ping pong ball
 - Rolled up sock or cotton ball also work
- Music

Skill Emphasized:

- Cardiovascular endurance, teamwork

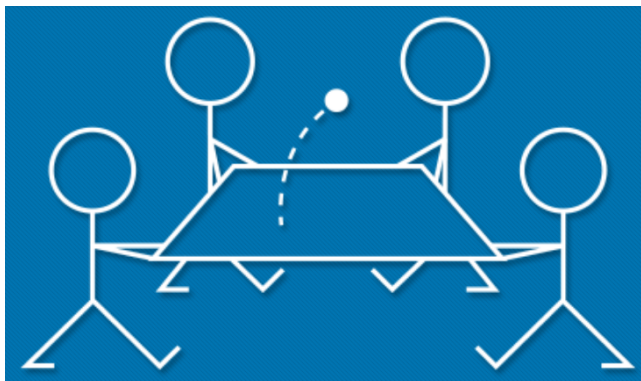
Organization:

1. Arrange an open floor space
2. Divide participants into two teams (1v1 or 2v2)

Instruction:

Warm up and stretch before any type of physical activity!!

1. Have each team choose a side of the bed sheet.
2. Players hold the bed sheet up in the air at waist height.
3. Place ping pong ball on the center of the bed sheet (or rolled up sock, cotton ball, any lightweight ball shaped item).
4. On "GO!" players raise and lower the bed sheet trying to get the ball to fall off on the other team's side of the sheet.
5. Teams score a point when the ping pong ball falls off the bed sheet on the other team's side.
6. The first team to score 10 points is the winner.



Modifications/Variations:

- Have each player place one hand behind their back while playing.
- Have both teams work together and attempt to launch item as high as they can into the air. After first try, see if they can beat their previous height (Good idea to try this outside)
- Test out other objects besides the ping pong ball.