

At the Bottom of the Sea Parachute Activity

(Music found in Amidon's Down in the Valley book on pg. 9)

There is a fun singing game that goes with this song in the Amidon's "Down in the Valley" book, but I thought this was the perfect game to adapt for the parachute. This is a great activity to use with your PE teacher in gym and it is also great to work on steady beat and to assess pitch matching.

Words I use:

At the bottom of the sea, all the fish are swimming, here and there and everywhere, oh, Jackie, Jackie (use a student's name) we choose you!

Game:

All students sit on the floor with the parachute in their hands. While singing the song students keep the steady beat while holding the parachute to create "waves". When the song gets to the name part, the teacher inserts a student's name and on the word "you" everyone lifts the parachute in the air and the student whose name was chosen bear crawls to the opposite side of the parachute before it reaches the ground. Keep starting the song over until everyone has had a turn.

Note: Make sure you discuss how to bear crawl before playing because students who crawl on their hands and knees will most likely get rug burn or floor burn! I'm also a stickler on making sure the kiddos who are holding the parachute don't yank it down while the person is crawling underneath to keep everyone safe. You could also do it while standing, but I like to have them sit for an extra challenge when they crawl.

Extension: Let the student who just took a turn crawling under the parachute sing the next student's name