

Jump For Joy

Age Group: First – 12th grade

Time: 1.5 hours

Objectives

1. Students will be shown real life examples of science and history in regards to aviation.
2. Students will identify one of their life passions.
3. Students will recognize the importance of structure as well as creativity (balance).
4. Students will identify how each unique individual is an integral part of a team
5. Students will be inspired to follow their dreams in a mindful way.
6. Students will recognize the importance of taking care of their bodies and minds.
7. Students will be shown the space the aerial performance is held in as special, a positive space where it is easier for them to dream and visualize what they want out of life.
8. Students will be given the confidence to see their future as full of options.
9. Students will be educated in basic risk management and the process of evaluating motives.
10. Students will be shown the unlimited power of imagination.

Book List

Grade 1-3

PLANES	Byron Barton
HELICOPTERS!	Monica Molina
THE PAPER AIRPLANE BOOK	Seymour Simon
BRAVE FIREFIGHTERS (DISNEY PLANES: FIRE & RESCUE)	RH Disney

Grade 4-8

DREAM: A TALE OF WONDER, WISDOM, AND WISHES	Susan V. Bosak
ISAAC NEWTON AND PHYSICS FOR KIDS	Kerrie Logan Hollihan
WHO WERE THE WRIGHT BROTHERS?	James Buckley Jr.
HOW TO WIN FRIENDS AND INFLUENCE PEOPLE	Dale Carnegie

Grade 9-12

EMOTIONAL INTELLIGENCE	Daniel Goleman
IN THE SHADOW OF EAGLES	Billbery and Rearden
BIRD DREAM	Matt Higgins
WAY OF THE PEACEFUL WARRIOR	Dan Millman

Building Background Knowledge

Suggested pre-event activities to build background knowledge.

1. Read any of the books on the book list.
2. Create an art project of what the students think a parachute or wingsuit looks like.
3. Review Newton's Laws of Motion.
4. Write a story about if you could fly where you would go and why.
5. Review the history of aviation to include the Montgolfier brothers, the Wright brothers, and Raymonde de la Roche (first licensed woman pilot)
6. Review the history of the modern parachute to include the French inventor Louis-Sebastien Lenormand, pioneer of parachuting.
7. Review history of the helicopter to include the FW 61 and Professor Henrich Focke.
8. Make paper airplanes, see whose can go the farthest? highest? longest air time?
9. Discuss the importance of physical fitness and healthy diet.
10. Watch one of the videos listed at the bottom of this page.

Enrichment Activities

Suggested post event activities to reinforce instruction.

1. Make a list of life goals. Pick one, and list the steps necessary to reach that goal.
2. Acknowledge the people in your life who are part of your support system.
3. Write down a list of your strengths and weaknesses.
4. Create an art project of what the students would want their wingsuit or aircraft to look like.
5. Write a short story about if they could go anywhere and do anything where and what would that be.
6. Complete the attached worksheet (hyper link)
7. Have the students write down their favorite activity, and a list of jobs that could go along with that activity.
8. Discuss the concept of delayed gratification.
9. Have students perform a self evaluation of their overall health and fitness. Would they make any changes?
10. Have students make home-made post cards and mail them to their grandparents.

Websites

<http://www.explainthatstuff.com/how-parachutes-work.html> - How parachutes work.

<http://www.allthetests.com/quiz29/quiz/1309980961/Kids-Career-Test> - Kids career test.

<http://www.thirtythousandfeet.com/youth.htm> - Youth in aviation websites.

http://teenshealth.org/teen/your_mind/emotions/EQ.html - Emotional intelligence and teens.

<http://www.kids.ct.gov/kids/cwp/view.asp?q=330926> - How airplanes fly for kids.

<http://www.scholastic.com/teachers/lesson-plans/free-lesson-plans/search?query=flight>

<http://www.livescience.com/23741-craziest-skydives-kittinger-baumgartner.html>

Videos

<https://www.youtube.com/watch?v=mn34mnnDnKU> - Newton's 3 Laws of Motion

<http://vimeo.com/46059583> - inspirational video

<http://abcnews.go.com/Nightline/video/gopro-bomb-squads-death-defying-jumps-21091351>

Name _____ Group _____

1. Which of Newton's Laws is applicable to when a skydiver opens their parachute to slow down for landing.
2. Why is a support system helpful when trying to accomplish a goal?
3. Would a skydiver who weighs 300 lbs fall faster than a skydiver who weighs 100 lbs? Why?
4. Is it important to hang out with friends who want what is best for you? Why?
5. Who was the first woman commercial pilot?
6. Who is the governing body in the United States that regulates aviation? That regulates parachuting?
7. Why is it important to know your strengths and weaknesses?
8. Who designed the modern parachute system?
9. What 4 forces are in balance when an aircraft is in straight and level flight.
10. How many parachutes are legally required for recreational skydivers?