

## Bingo Lesson Plan

**Objective:** Students will practice a variety of balancing exercises from the Balance It app, either using printed balance cards or their own devices, while participating in a fun and engaging game of Balance It Bingo.

### Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Gym mats or designated safe spaces
- Balance It Bingo cards (created with various balances from the app)
- Markers or tokens for Bingo cards
- Timer or stopwatch
- Music (optional)

### Lesson Procedure:

#### 1. Introduction (5 minutes)

- Explain the objective of the lesson and introduce the Balance It app.
- Inform students that they will be participating in a game of Balance It Bingo, which incorporates various balances from the app.
- If using individual devices, ensure students have the app installed and ready. If using printed balances, distribute the cards among students.

#### 2. Warm-Up (5 minutes)

- Lead students through a dynamic warm-up, including exercises such as jumping jacks, high knees, and arm circles, to prepare their bodies for the balancing activities.

#### 3. Balance It Bingo Preparation (5 minutes)

- Hand out Balance It Bingo cards to each student, featuring various balances from the app.

- Explain the rules of the game: students will practice each balance and mark it off on their card when completed successfully. The first student or group to complete a row or column wins.

#### 4. Balance It Bingo Game (35 minutes)

- Students can work individually or in pairs to practice and complete the balances on their Bingo cards.
- Encourage students to help and support each other while practicing the balances.
- Monitor students as they work through the balances, providing feedback and assistance as needed.
- Optional: Play music during the game to create a fun and engaging atmosphere.
- Announce the winner(s) once a student or group completes a row or column on their Bingo card.

#### 5. Cool Down (5 minutes)

- Gather students together and lead them through a cool-down, incorporating stretches targeting the muscles used during the balancing activities. This can include forward bends, quad stretches, and shoulder stretches.

#### 6. Reflection and Discussion (5 minutes)

- Facilitate a group discussion, asking students about their experience with the Balance It app and the Balance It Bingo game.
- Encourage students to share which balances they found challenging and which ones they enjoyed the most.
- Discuss the importance of balance in physical fitness and overall well-being.

**Assessment:** Observe students as they practice the balances during the Balance It Bingo game, providing feedback and assistance as needed. Assess students' understanding of the balancing exercises and their ability to communicate their experiences during the reflection and discussion segment.

This 60-minute lesson plan combines the fun of a Bingo game with the balancing exercises from the Balance It app, promoting skill development, collaboration, and engagement. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.