

Create Your Own Balance Lesson Plan

Objective: Students will explore the Balance It app, either on their own devices or using printed balance cards, to create their own unique balancing exercises individually or in pairs.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Gym mats or designated safe spaces
- 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 creating their own unique balances by combining elements from different individual, paired, or group balances within 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. Create Your Own Balance (30 minutes)

- Instruct students to explore the Balance It app (or printed cards) and select elements from various balances to create their own unique balance.
- Encourage students to be creative and consider the difficulty, style, and number of people involved in their new balance.

- Students can work individually or in pairs to practice and perfect their newly created balance.
 - Optional: Play music during the creation process to create a fun and engaging atmosphere.
4. Presentation and Demonstration (15 minutes)
- Have each student or pair present and demonstrate their created balance to the class.
 - Encourage classmates to provide positive feedback and ask questions about the balance's difficulty, technique, or inspiration.
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.

Assessment: Observe students as they create and practice their unique balances, providing feedback and guidance as needed. During the presentation and demonstration segment, assess students' understanding of balance techniques and their ability to communicate their creative process.

This 60-minute lesson plan encourages students to engage with the Balance It app by creating their own unique balancing exercises, promoting creativity, collaboration, and skill development. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.