

## Memory Game Lesson Plan

**Objective:** Students will practice their observational and memory skills while performing balancing exercises from the Balance It app, either using printed balance cards or their own devices.

### 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 participating in a memory game, where they will recreate balances from the app after observing them for a short period.
- If using individual devices, ensure students have the app installed and ready. If using printed balances, have the cards ready for display.

#### 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 Memory Game Instructions (5 minutes)

- Explain the rules of the Balance It Memory Game: students will observe a balance from the app (on a device or printed card) for a short period (e.g., 30 seconds), then attempt to recreate the balance from memory.
- Divide the class into groups of 3-4 students.

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

- Display a balance from the app for the allocated observation time (e.g., 30 seconds), then remove it from view.
- Allow students to work in their groups to recreate the balance from memory, providing support and encouragement to each other.
- After students have had an opportunity to practice the balance, reveal the original balance again for comparison.
- Repeat the process with different balances from the app, allowing students to practice various exercises and challenge their memory skills.
- Optional: Play music during the game to create a fun and engaging atmosphere.

#### 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 memory 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, as well as the role of memory and observation skills in learning new activities.

**Assessment:** Observe students as they practice the balances during the Balance It Memory Game, providing feedback and assistance as needed. Assess students' understanding of the balancing exercises and their ability to recall and recreate the balances from memory.

This 60-minute lesson plan challenges students to practice their memory and observational skills while engaging with the balancing exercises from the Balance It app. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.