

Balance It Challenge

Objective: Students will explore various balances within the Balance It app, competing in a fun and engaging way that encourages teamwork and creativity, ultimately resulting in a winner.

Materials:

- iPads with Balance It app installed for each student or a single iPad connected to a projector
- Gym mats (optional)
- Stopwatch or timer
- Whiteboard or poster board to record scores

Game Setup:

1. Divide students into groups of 4-5.
2. Assign each group a designated space in the gym or playing area.
3. Explain the rules and scoring system for the Balance It Challenge.

Rules:

1. Each round, groups must choose a new balance from the Balance It app to perform.
2. Groups must complete the selected balance for at least 10 seconds to earn points.
3. Groups are encouraged to select more challenging balances for a higher point value.
4. The competition consists of 3 rounds: individual, paired, and group balances.
5. During each round, groups have 5 minutes to practice and perform their chosen balance.
6. After each round, a teacher or designated student will assess the performance and assign points.
7. The group with the highest total points at the end of the competition wins.

Scoring System:

- Level 1 (easiest) balance: 1 point
- Level 2 (moderate) balance: 2 points
- Level 3 (difficult) balance: 3 points
- Bonus points: 1 point for each additional person involved in the balance (for paired and group rounds)

Game Procedure:

1. Round 1: Individual Balances (5 minutes)

- Instruct each group to choose and practice an individual balance from the Balance It app.
- Allow groups 5 minutes to practice and perform their chosen balance for assessment.
- Record the points earned by each group on the whiteboard or poster board.

2. Round 2: Paired Balances (5 minutes)

- Direct groups to choose and practice a paired balance from the Balance It app.
- Allow groups 5 minutes to practice and perform their chosen balance for assessment.
- Record the points earned by each group on the whiteboard or poster board.

3. Round 3: Group Balances (5 minutes)

- Instruct groups to choose and practice a group balance from the Balance It app.
- Allow groups 5 minutes to practice and perform their chosen balance for assessment.
- Record the points earned by each group on the whiteboard or poster board.

4. Tally Scores and Announce Winner (5 minutes)

- Tally the points for each group and announce the winner.
- Congratulate all participants for their efforts and teamwork.

Encourage students to explore the different balances in the app and challenge themselves throughout the competition. The Balance It Challenge promotes creativity, teamwork, and a fun, competitive atmosphere while engaging with the app.