

## Charades Lesson Plan

**Objective:** Students will develop teamwork, communication, and creativity skills by participating in a game of charades using balances from the Balance It app, either with 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 game of charades using balances from the app.
- If using individual devices, ensure students have the app installed and ready. If using printed balances, have the cards available for reference.

#### 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 Charades Instructions (5 minutes)

- Divide the class into two teams.
- Explain the rules of Balance It Charades: one student from a team will select a balance from the app (or printed card) and perform the balance for their team without speaking. Their team must guess the name of the balance within a certain time limit (e.g., 30 seconds). If the team guesses correctly, they earn a point. If not, the other team has a chance to steal the point by guessing the correct balance.

- Teams take turns performing and guessing balances until all students have had a chance to perform.
4. Balance It Charades Game (35 minutes)
- Begin the game by having the first student from Team A select and perform a balance from the app (or printed card).
  - Use a timer to keep track of the time limit for guessing.
  - Continue with alternating teams, ensuring each student has a turn to perform a balance.
  - 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 game of charades.
  - Encourage students to share which balances they found challenging and which ones they enjoyed the most.
  - Discuss the importance of teamwork, communication, and creativity in physical fitness and overall well-being.

**Assessment:** Observe students as they participate in the Balance It Charades game, providing feedback and assistance as needed. Assess students' understanding of the balancing exercises and their ability to effectively communicate and collaborate with their team.

This 60-minute lesson plan combines the Balance It app with a game of charades, promoting teamwork, communication, and creativity among students. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.