

Photo Challenge Lesson Plan

Objective: Students will work in small groups to recreate balance poses from the Balance It app and take photos of their creations. They will practice balance skills, teamwork, and creativity while participating in a friendly competition.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Devices with a camera for each small group (e.g., smartphones, tablets, or digital cameras)
- Gym mats or designated safe spaces

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 Balance It Photo Challenge, where they will work in small groups to recreate balance poses and take photos of their creations.

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. Group Formation and Instructions (10 minutes)

- Divide the class into small groups of 3-5 students.
- Explain that each group will receive a device with a camera or have access to the Balance It app (either on their own devices or printed balance cards).
- Assign each group a set of balance poses from the app to recreate.
- Inform students that they will have a limited time (e.g., 30 minutes) to recreate the poses and take photos of their creations.

- Encourage groups to work together, communicate, and be creative in their interpretations of the poses.

4. Balance It Photo Challenge (30 minutes)

- Distribute devices with cameras or provide access to the Balance It app to each group.
- Allow students to begin recreating the poses and taking photos of their creations.
- Monitor students as they work, providing feedback and assistance as needed.

5. Cool Down and Reflection (5 minutes)

- Bring the class together for a cool-down, including gentle stretches and deep breathing.
- Ask students to reflect on their experience with the Balance It Photo Challenge, discussing what they enjoyed, what they found challenging, and how they worked together as a team.

6. Sharing and Voting (5 minutes)

- Have each group share their favorite photo from the challenge with the rest of the class.
- After all groups have shared, allow students to vote on their favorite photo (not including their own group's photo).
- Celebrate the group with the most votes as the winner of the Balance It Photo Challenge.
- Encourage students to acknowledge and appreciate the efforts and creativity of all participants.

This 60-minute lesson plan incorporates the Balance It app into a fun and creative photo challenge, challenging students to practice balance skills, teamwork, and creativity while participating in a friendly competition. The challenge encourages collaboration and communication, while also promoting physical activity and balance improvement.