

Stations Lesson Plan

Objective: Students will practice a variety of balancing exercises using the Balance It app, either through printed balances or on their own devices, while rotating through different stations.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Gym mats or designated safe spaces
- Station signs (optional)
- 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 rotating through different stations, each featuring a balance from the app.
- If using individual devices, ensure students have the app installed and ready. If using printed balances, distribute the cards to each station.

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. Station Setup (5 minutes)

- Set up 6-8 stations around the gym or designated space, each with a different balance from the Balance It app displayed on a device or printed card.
- Optional: Add station signs or numbers to help guide students.

4. Station Rotation (30 minutes)

- Divide students into groups of 3-4 and assign each group to a station.
- Allow students to practice the balance at their station for 3-4 minutes, encouraging them to help and support each other.
- Signal for students to rotate to the next station after the allotted time, and continue until all groups have visited each station.
- Optional: Play music during the rotation 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 (10 minutes)

- Facilitate a group discussion, asking students about their experience with the Balance It app and the various balances they practiced.
- 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.

Assessment: Monitor students as they rotate through the stations, providing feedback and assistance as needed. Encourage students to help each other and focus on proper technique.

This 60-minute lesson plan allows students to practice various balances from the Balance It app while rotating through different stations. The lesson plan can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.