

## Partner Challenge Lesson Plan

**Objective:** Students will develop teamwork and communication skills by working with a partner to complete a series of 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 working with a partner to complete a series of balancing exercises 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. Partner Pairing and Instructions (5 minutes)

- Pair up students, ensuring that partners have a similar skill level and physical abilities.
- Explain that each pair will work together to complete a series of paired balances from the Balance It app, focusing on teamwork, communication, and balance.

#### 4. Partner Balancing Exercises (35 minutes)

- Allow pairs to explore the Balance It app (or printed cards) and select various paired balances to practice.
- Pairs should work together to practice and perfect each balance, offering support and encouragement to one another.
- Monitor students as they work, providing feedback and assistance as needed.
- Optional: Play music during the partner balancing exercises 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 partner balancing exercises.
- Encourage students to share which balances they found challenging and which ones they enjoyed the most.
- Discuss the importance of teamwork, communication, and balance in physical fitness and overall well-being.

**Assessment:** Observe students as they practice the partner balancing exercises, providing feedback and assistance as needed. Assess students' understanding of balance techniques and their ability to work effectively with a partner.

This 60-minute lesson plan promotes teamwork and communication by having students work with a partner to complete a series of 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