

Peer Coaching Lesson Plan

Objective: Students will work in pairs to coach each other in balance poses from the Balance It app. They will practice balance skills, teamwork, communication, and coaching skills while providing and receiving feedback.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- 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 working in pairs to coach each other in balance poses from the app.

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 pairs and assign each pair a set of balance poses from the app.
- Explain that each student will take turns performing the balance pose while the other student coaches and provides feedback.
- Encourage students to be supportive and provide constructive feedback.

4. Peer Coaching Balance It (30 minutes)

- Provide time for each student to take turns performing the balance pose while the other student coaches and provides feedback.
- Monitor students as they work, providing feedback and assistance as needed.
- Encourage students to communicate effectively and listen actively to their partner's feedback.

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 Peer Coaching Balance It activity, discussing what they enjoyed, what they found challenging, and what they learned about coaching and receiving feedback.

6. Sharing and Application (5 minutes)

- Have each pair share one piece of feedback they received from their partner and how they plan to apply it in the future.
- Encourage students to continue practicing balance poses and coaching each other outside of class.

This 60-minute lesson plan incorporates the Balance It app into a peer coaching activity, challenging students to practice balance skills, teamwork, communication, and coaching skills while providing and receiving feedback. The activity promotes collaboration and communication, while also improving balance and coaching abilities.