

Storytelling Lesson Plan

Grade Level: Year 6

Objective: Students will work in small groups to create a story or narrative using the Balance It app as inspiration, connecting different balance poses to represent parts of the story.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Gym mats or designated safe spaces
- Paper and pen/pencil for each group (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 in small groups to create a story or narrative using the Balance It app as inspiration, with each balance pose representing a part of the story.

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 3-4 students.
- Explain that each group will choose a selection of balances from the Balance It app and create a story or narrative by connecting the balance poses.
- Encourage groups to be creative and imaginative in their storytelling, incorporating elements such as setting, characters, and plot.

4. Group Story Development and Rehearsal (30 minutes)

- Allow groups to explore the Balance It app (or printed cards) and select various balances to include in their story.
- Groups should work together to create their story, determining how each balance pose fits into the narrative.
- Groups will then practice performing their balance poses while narrating their story.
- Monitor students as they work, providing feedback and assistance as needed.

5. Story Presentations (10 minutes)

- Have each group present their Balance It-inspired story to the class, performing the balance poses while narrating their story.
- Encourage students to be attentive and respectful audience members, listening to and appreciating their classmates' creative storytelling.

Example Story:

Title: The Quest for the Golden Apple

Setting: A mythical forest

Characters: Three brave adventurers

Plot:

1. The adventurers set off on their journey, performing the "Tree" balance pose to represent their journey through the mythical forest.
2. They encounter a magical river, represented by the "Bridge" balance pose, which they must cross to continue their quest.
3. The adventurers come across an enchanted tree, performing the "Group Tree" balance pose. They learn that the Golden Apple they seek is guarded by a fearsome creature.
4. They encounter the creature, represented by the "Paired Table Top" balance pose, and must work together to outsmart it.
5. Finally, the adventurers find the Golden Apple, performing the "Group Pyramid" balance pose to symbolize their success and teamwork.

This 60-minute lesson plan encourages creativity and imagination as students create a story or narrative using the Balance It app. It promotes teamwork, communication, and balance skills, while engaging students in a fun and unique storytelling experience.