

Obstacle Course Lesson Plan

Objective: Students will develop coordination, balance, and teamwork skills by participating in an obstacle course that incorporates balances from the Balance It app, either with 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
- Obstacle course equipment (e.g., cones, hurdles, jump ropes)
- Music (optional)
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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 an obstacle course that includes balances 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 and obstacle course.

3. Obstacle Course Set-Up and Instructions (10 minutes)

- Set up an obstacle course in the gym or classroom, incorporating various physical challenges (e.g., cone weave, hurdles, jump ropes) and designated stations for performing balances from the Balance It app (either displayed on a device or printed card).

- Divide the class into small groups or pairs, assigning each group to a starting point in the obstacle course.
- Explain the rules of the Balance It Obstacle Course: students must complete each physical challenge and perform the specified balance at each balance station before moving on to the next challenge.

4. Balance It Obstacle Course Activity (30 minutes)

- Start the timer and allow students to begin the obstacle course.
- Monitor students as they work through the course, providing feedback and assistance as needed.
- Optional: Play music during the activity to create a fun and engaging atmosphere.
- Once all groups have completed the course, allow students to repeat the course for additional practice and skill development.

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 and obstacle course. 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 obstacle course.
- Encourage students to share which balances and physical challenges they found challenging and which ones they enjoyed the most.
- Discuss the importance of coordination, balance, and teamwork in physical fitness and overall well-being.

Assessment: Observe students as they participate in the Balance It Obstacle Course activity, providing feedback and assistance as needed. Assess students' understanding of the balancing exercises and their ability to effectively navigate the obstacle course.

This 60-minute lesson plan combines the Balance It app with an obstacle course, promoting coordination, balance, and teamwork among students. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.