

Creative Challenge Lesson Plan

Grade Level: Year 6

Objective: Students will develop their creativity and balancing skills by creating their own unique balances inspired by 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 challenged to create their own unique balances inspired by 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. Exploring Balance It App (10 minutes)

- Allow students time to explore the Balance It app (or printed cards) and become familiar with the various balancing exercises.
- Encourage students to practice some of the balances they find interesting.

4. Creative Challenge Instructions (5 minutes)

- Explain that students will be working individually or in pairs to create their own unique balances inspired by the app.
- Students can choose to create an individual balance, a paired balance, or even a combination of both.

5. Creating Unique Balances (25 minutes)

- Allow students to work on creating their unique balances, drawing inspiration from the Balance It app.
- Encourage students to help and support each other while practicing and creating their balances.
- Monitor students as they work, providing feedback and assistance as needed.
- Optional: Play music during the creative process to create a fun and engaging atmosphere.

6. Balance Showcase (5 minutes)

- Invite students to share their unique balances with the class, explaining the inspiration behind their creations.

7. 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.

Assessment: Observe students as they create and practice their unique balances, providing feedback and guidance as needed. Assess students' understanding of balance techniques and their ability to draw inspiration from the Balance It app to create their own balances.

This 60-minute lesson plan encourages students to develop their creativity and balancing skills by creating unique balances inspired by 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.