

Dice Game Lesson Plan

Objective: Students will participate in a fun and competitive dice game that incorporates balance poses from the Balance It app. They will practice balance skills, teamwork, and strategy while trying to earn points.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Custom dice featuring images or descriptions of various balances from the app (one per small group or pair)
- Gym mats or designated safe spaces
- Score sheets and writing utensils for each group or pair

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 a fun and competitive dice game that incorporates balance poses from the Balance It 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 small groups or pairs.
- Explain that each group will have a custom dice featuring images or descriptions of various balances from the Balance It app.
- Students will take turns rolling the dice and performing the balance that appears on the top face of the dice.

- If the balance is performed successfully, the group earns a point. If not, no points are awarded.
 - Encourage groups to strategize and help each other in order to maximize their points.
4. Balance It Dice Game (30 minutes)
- Distribute the custom dice, score sheets, and writing utensils to each group or pair.
 - Allow students to begin playing the game, taking turns rolling the dice, and performing the balance poses.
 - Monitor students as they play, providing feedback and assistance as needed.
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 Balance It Dice Game, discussing what they enjoyed, what they found challenging, and what strategies they used to help their team succeed.
6. Scoring and Winners (5 minutes)
- Have each group or pair tally up their points and announce their scores.
 - Celebrate the group or pair with the highest score as the winners of the Balance It Dice Game.
 - Encourage students to acknowledge and appreciate the efforts and skills of all participants.

This 60-minute lesson plan incorporates the Balance It app into a fun and competitive dice game, challenging students to practice balance skills, teamwork, and strategy while trying to earn points. The game encourages collaboration and communication, while also promoting physical activity and balance improvement.