

QR Code Scavenger Hunt

Objective: Students will use their mobile devices and the Balance It app to complete a scavenger hunt that involves scanning QR codes to reveal different balance poses and complete a series of challenges.

Materials:

- QR code generator
- Balance It app (installed on individual student devices)
- Use the Scan Section of the Balance It app to scan QR codes
- Gym mats or designated safe spaces

Lesson Procedure:

1. Introduction (5 minutes)

- Explain the objective of the lesson and introduce the Balance It app and QR codes.
- Inform students that they will be completing a Balance It QR Code Scavenger Hunt that involves scanning QR codes to reveal different balance poses and complete a series of challenges.

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. QR Code Generation and Scavenger Hunt (30 minutes)

- Using a QR code generator, create a set of QR codes that correspond to different balance poses from the Balance It app.
- Hide the QR codes in different locations around the classroom or gym.
- Divide the class into small groups and provide each group with a mobile device with the Balance It app installed.

- Instruct students to scan the QR codes to reveal the corresponding balance poses and complete the challenges associated with each pose.
 - Monitor students as they work, providing feedback and assistance as needed.
4. Cool Down and Reflection (10 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 QR Code Scavenger Hunt, discussing what they enjoyed, what they found challenging, and what they learned about QR codes and balance poses.
5. Sharing and Application (10 minutes)
- Have each group share their favorite balance pose from the scavenger hunt and how they plan to practice it outside of class.
 - Encourage students to continue exploring balance poses and using the Balance It app to improve their balance and coordination.

This lesson plan incorporates the use of QR codes with the Balance It app to create an engaging and interactive scavenger hunt. The activity challenges students to use their mobile devices to scan QR codes and discover different balance poses while also practicing their balance skills and teamwork.