

## Musical Performance Lesson Plan

Objective: Students will work in small groups to create a 1-2 minute performance combining balances from the Balance It app with music, showcasing their creativity, teamwork, and balance skills.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Gym mats or designated safe spaces
- Music selection for each group
- Device for playing music (e.g., speaker, phone, tablet)
- Teacher assessment rubric

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 1-2 minute performance combining balances from the app with music.
- 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.

### 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 choreograph a 1-2 minute performance to a chosen piece of music.
- Distribute the teacher assessment rubric, outlining the criteria for the performance (e.g., creativity, balance execution, teamwork, synchronization with music).

#### 4. Group Choreography and Rehearsal (30 minutes)

- Allow groups to explore the Balance It app (or printed cards) and select various balances to include in their performance.
- Groups should work together to choreograph their performance, focusing on creativity, balance execution, teamwork, and synchronization with the music.
- Monitor students as they work, providing feedback and assistance as needed.

#### 5. Performances and Assessment (10 minutes)

- Have each group perform their 1-2 minute balance and music performance for their peers.
- Assess each group using the teacher assessment rubric, providing feedback on their creativity, balance execution, teamwork, and synchronization with music.

Criteria	Unsatisfactory (1)	Satisfactory (2)	Good (3)	Excellent (4)
Creativity	Few creative	Some creative	Creative	Highly
	elements	elements	elements	creative

Balance Execution	Several balances	Some balances	Most	All balances
	poorly executed	executed	balances	executed
		somewhat well	executed	well

Teamwork	Minimal	Some evidence	Clear	Strong
	evidence of	of teamwork	evidence	evidence of

Synchronizat ion with	Rarely	Sometimes	Often	Consistently
Music	synchronized	synchronized	synchronized	synchronized
	with music	with music	with music	with music