

Circuit Training Lesson Plan

Objective: Students will develop their strength, balance, and endurance by participating in a circuit training activity featuring balances from 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 participating in a circuit training activity that incorporates various 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.

3. Circuit Training Setup (5 minutes)

- Set up different stations around the gym or classroom, each featuring a balance 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 station.

4. Balance It Circuit Training (35 minutes)

- Explain that students will spend a designated amount of time at each station (e.g., 3-4 minutes) practicing the balance before rotating to the next station.
- Start the timer and allow students to begin practicing the balances at their assigned stations.
- Encourage students to help and support each other while practicing the balances.
- Rotate the groups to the next station after the designated time has passed, and continue the rotation until all groups have visited each station.
- Optional: Play music during the circuit training to create a fun and engaging atmosphere.

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. 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 circuit training activity.
- Encourage students to share which balances they found challenging and which ones they enjoyed the most.
- Discuss the importance of balance in physical fitness and overall well-being, as well as the benefits of circuit training for developing strength, balance, and endurance.

Assessment: Observe students as they practice the balances during the circuit training activity, providing feedback and assistance as needed. Assess students' understanding of the balancing exercises and their ability to engage effectively in circuit training.

This 60-minute lesson plan incorporates circuit training with the balancing exercises from the Balance It app, promoting skill development, collaboration, and fitness. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.