

Group Collaboration Lesson Plan

Objective: Students will collaborate and communicate to create a group balancing routine using the Balance It app, either with 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 working together in groups to create a group balancing routine using 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. Group Formation and Instructions (5 minutes)

- Divide the class into groups of 4-6 students.
- Explain that each group will work together to create a group balancing routine, using a combination of individual, paired, and group balances from the Balance It app.
- Encourage groups to incorporate creativity, teamwork, and communication as they develop their routine.

4. Group Balancing Routine Creation (30 minutes)

- Allow groups to explore the Balance It app (or printed cards) and select various balances to include in their routine.
- Groups should practice and perfect their routine, focusing on smooth transitions between balances and ensuring all group members are involved.
- Optional: Play music during the creation process to create a fun and engaging atmosphere.

5. Routine Presentation (10 minutes)

- Have each group present their group balancing routine to the class.
- Encourage classmates to provide positive feedback and ask questions about the routine's difficulty, technique, or inspiration.

6. 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 group balancing routines, providing feedback and guidance as needed. During the routine presentation segment, assess students' understanding of balance techniques and their ability to collaborate and communicate effectively within their group.

This 60-minute lesson plan encourages students to collaborate and communicate while creating a group balancing routine using 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.