

Kindergarten-2nd Grade Lesson 6: BALANCE

Overview

In this lesson, students will learn how information from our eyes, ears, and touch work together to keep the body upright and help prevent someone from falling over. The activities in this lesson will teach students about footwork and body position to best maintain balance. The activity portion starts with a general warm up using the "General Warm Up" video and is followed by the "Footwork Balance lesson" video. Following the video, the students will go through a final activity that combines all the different exercises that they have learned the past few weeks in the "Simon Says" video by playing a game of Simon Says.

Behavior Change Objective:

As a result of this lesson, students will be able to understand what balance is, how we become balanced, and why it is important. Students will be able to understand how the senses integrates information from the environment and sends messages to the muscles to respond appropriately.

Learning Objectives:

Students will be able to:

- Understand the role that senses play in relaying information about the environment to maintain balance.
- Understand how balance is involved in activities and ways one can improve balance.
- Know how to position one's body to prepare best for movement in a range of directions.

Keywords

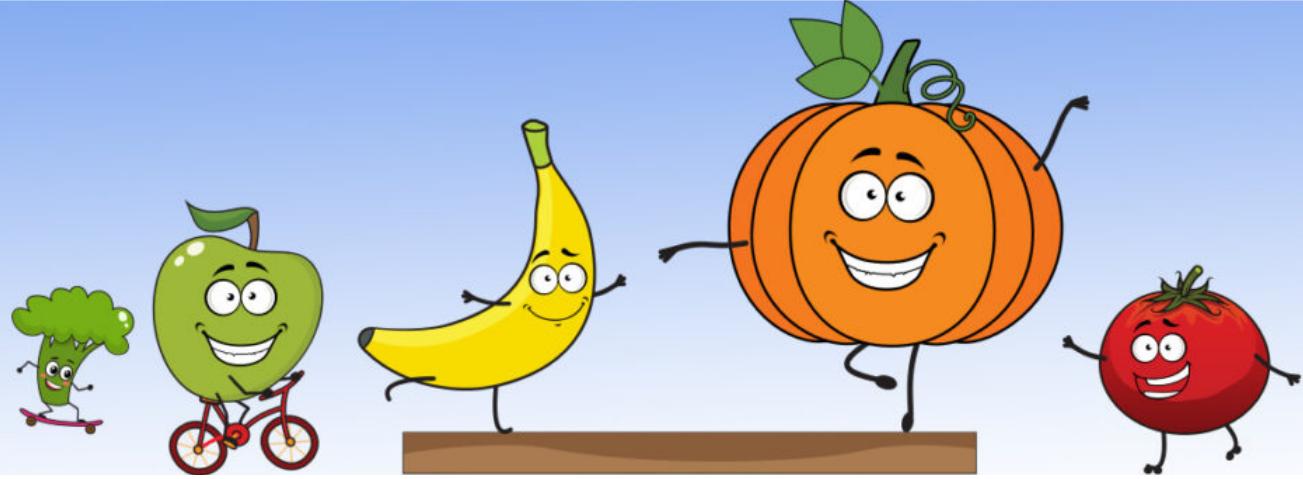
Balance, Footwork, Senses

Educational Standards:

NJSLS for Comprehensive Health and Physical Education: 2.5.P.A.1; 2.5.P.A.3; 2.5.2.A.1; 2.5.2.A.2; 2.5.2.A.4

Materials

- Videos & AV Equipment:
 - Balance: 4:08
 - General warm-up: 4:33
 - Footwork Balance: 6:35
 - Simon Says: 5:49
- Optional: Rubber Ball
- Water, comfortable clothing, sneakers



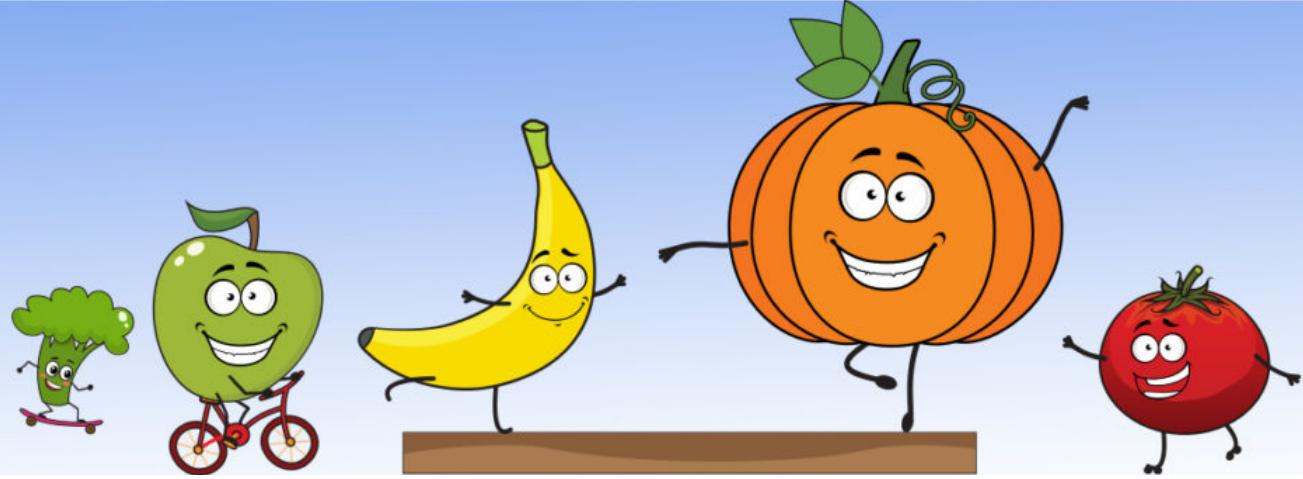
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Before You Begin

- Review entire lesson - look through and see appropriate places to pause the video and engage students with a question for students to answer in pairs, small groups, or to the whole class
- Review Classroom Management techniques (suggested tutorials below)
 - [How to Handle an Out of Control Middle-School Classroom](#) (start at 2:03)
 - [How to Make a Noisy Class Quiet](#) (start at 2:40)
 - [SPARK Classroom Management Strategies](#) – specific to PE classes
- Gather your materials
- Ensure students have space to move
- Set up AV equipment and provide space for film viewing.
- **TIP:** It is helpful to have the instructor model movements in between circulating, coaching, and cueing students

Procedure

1. **Activate Prior Knowledge:** what do we need power for, what kinds of sports require coordination, etc.?
2. **Introduce the Lesson:** Today we are going to be learning about a concept called balance.
 - a. Pre-video questions:
 1. Does anyone know what balance is? (A: Balance can mean a lot of different things- the balance of a stack of objects, the balance of your body, prevention from falling)
 2. What activities require good balance?
 - b. **Video Introduction:** Now we are going to watch a video explaining what balance is in relation to movement. This video explains how the body relies on messages from our senses (eyes, ears, touch) to tell our brain how our body is positioned. The brain then sends messages to our muscles to move. This process helps to keep our bodies in balance and avoid falling over. The video explains how we can practice balance at home and ways we need balance throughout the day and during different activities.



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Procedure, cont.

- c. Show video entitled **Balance** (Video 1). Pause when appropriate to engage students.
- a. Post-video questions:
 - i. Now that you have watched this video, can you think of any sports or activities that require good balance? (Just about all sports require balance)
 - ii. What parts of our body do we use to maintain balance? (Eyes, ears, touch)

3. **General Warm-Up** (Video 2)

- Pre-warm-up question: Why might we want to warm our bodies up before exercise?

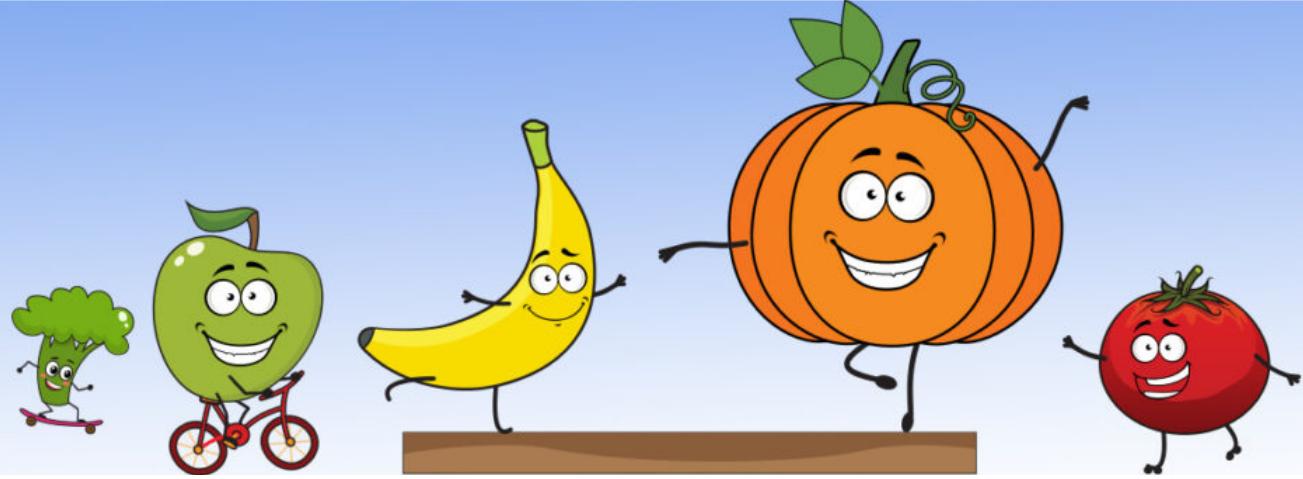
4. **Teaching/Skill: Footwork Balance** (Video 3).

Students will learn about the "ready position" and how to move from the ready position properly. The students also learn some ways to practice their balance by standing on one leg, standing in a tandem stance, closing their eyes, side shuffles, grapevine, and forward/backward movements.

- Start children standing up: close your eyes- try to feel where your body weight is over your feet- do you notice your weight on one leg more than another? is your weight more forwards over your toes or backward over your heels?- now try shifting your weight forward, feel how your weight changes and how your muscles contract to support you- what does your upper body do when you lean your hips forwards or backward? all of these movements require [our vestibular and proprioceptive systems] balance.

- Break into smaller groups

- teach the "ready position" - add dynamic movement- forwards/backwards/lateral
- single-leg balance- cue to feel the weight over the foot- slight bend in the knee, try to keep the hips level
- single-leg balance reaches- 3 points front, side, backward
- close your eyes + balance
- add in a ball (with eyes back open) and toss the ball around in a small group



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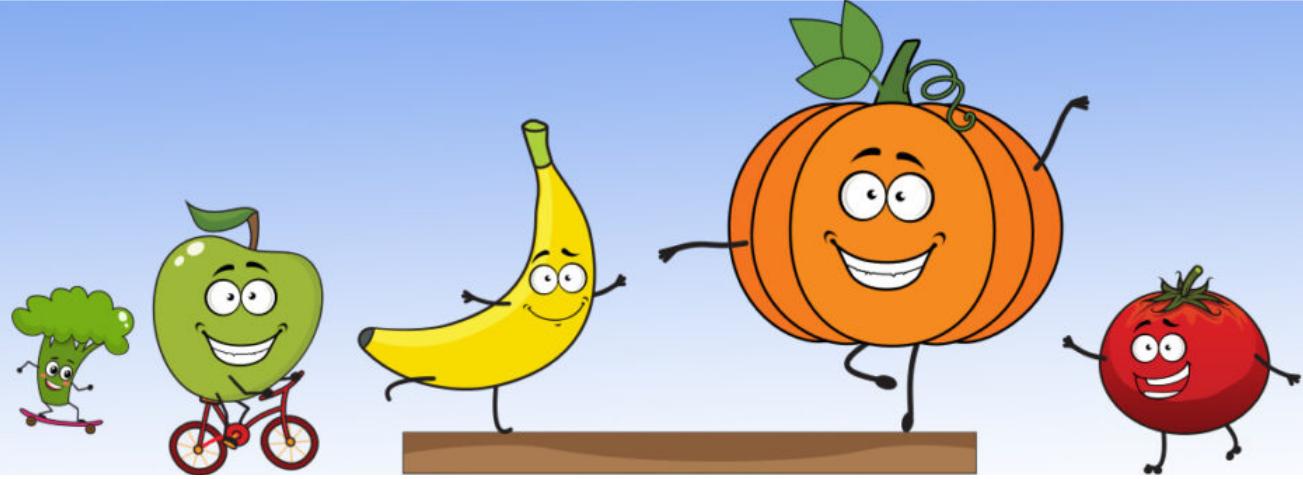
Procedure, cont.

- Either in the same groups or all together in a larger group- work on some footwork drills- have everyone line up along a line (same as Morgan does in the video)
 - double-leg forward/backward hops
 - side to side hops
 - single-leg forward/backward and side to side'
 - skater hops

5. Activity: [Simon Says](#) (Video 4). This video incorporates exercises and skills the students have learned from previous lessons into one final activity.

6. Cool Down - [Yoga & Meditation](#)

- Pre-Cool Down Question: Why might it be important to do something like yoga or mindful breathing after a hard workout?
- You can have students test their heart rate before and after (it should be slower!)
- Overall Debrief: What was your favorite lesson? favorite exercise? least favorite exercise etc.



Kindergarten-2nd Grade Lesson 6: EXTENSION ACTIVITIES

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Single Leg Balance



Sets: 2 **Reps:** 20-30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a standing position with your feet shoulder width apart. Lift single leg off of ground and hold this position for the duration indicated. You may alternate which foot you are balancing on as directed.

Tandem Balance



Sets: 2 **Reps:** 20-30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a standing position with your feet shoulder width apart. Place one foot in front of the other so the toes of one foot touch the heel of your opposite foot. Maintain your balance in this position for indicated duration. You may alternate which foot is placed in front as directed.

Single Leg Balance on Pillow



Sets: 3 **Reps:** 10" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

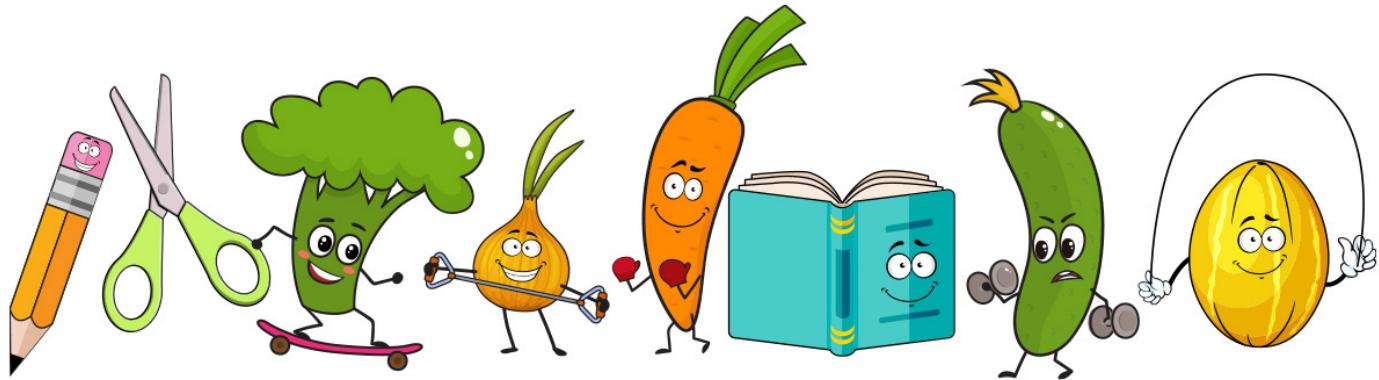
Description: Begin by stepping onto pillow with feet shoulder width apart. Slowly raise one leg, maintaining balance on affected leg for as long as possible. Repeat as directed.

Single Leg Balance with Ball Toss



Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a standing position with your feet shoulder width apart. Lift single leg off of ground. While balancing toss ball back and forth while maintaining the single leg balance for the indicated duration. You may alternate which foot you are balancing on as directed.



Kindergarten-2nd Grade EXTENSION ACTIVITIES

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Walk on Balance Beam



Sets: 2 Reps: 10 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description: Begin by standing in front of balance beam. Step onto beam and slowly walk across while maintaining your balance. Once at end turn around and repeat in opposite direction. Continue as directed.