

Ways to Incorporate Technology Into Your PE Program

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Physical Education and TECHNOLOGY



Digital Skills and 21st Century Learning

- problem solving
- collaboration
- communication
- critical thinking
- creativity and innovation
- global citizen

Simple Tools

- flip video camera (or any other brand)
- iPod touch that has a camera
- iPad
- Digital camera
- iPhone / Smartphone

PLAY!!!!!!!!!!!!

Sample Ideas

- Happy and healthy podcast. A joint venture with parents and first grade students.
- Heart commercial (student generated activity)
- Skype to the Winter Olympics (movie to document)
- Winter Olympics (all school event)

Sample Ideas

- iPod / iPad fitness circuit
- Kindergarten teacher using PE equipment
- Movie demonstrating SCH PE and 21st century skills

Examples of Virtual PE Closet

Animal Bean Bags

- These bean bags can be used for tossing, catching, and carrying. Some of the objects they are tossed into are hula hoops, buckets and hands.



Animals

Examples of Virtual PE Closet

Relay Cards

- A deck of number cards #1 through #10 are arranged randomly across the gym from each group. One at a time a student jogs over and turns over one card. Cards must be brought back in the correct order. Team work, communication, memory skills and strategy are used.



Numbers /
Teamwork

Examples of Virtual PE Closet

Currency Dice

- These large dice can be used for different math relays. Example: run across the gym roll the dice and record the amount, at the end of the specified time each group adds the value of the amounts they recorded.



Numbers

Examples of Virtual PE Closet

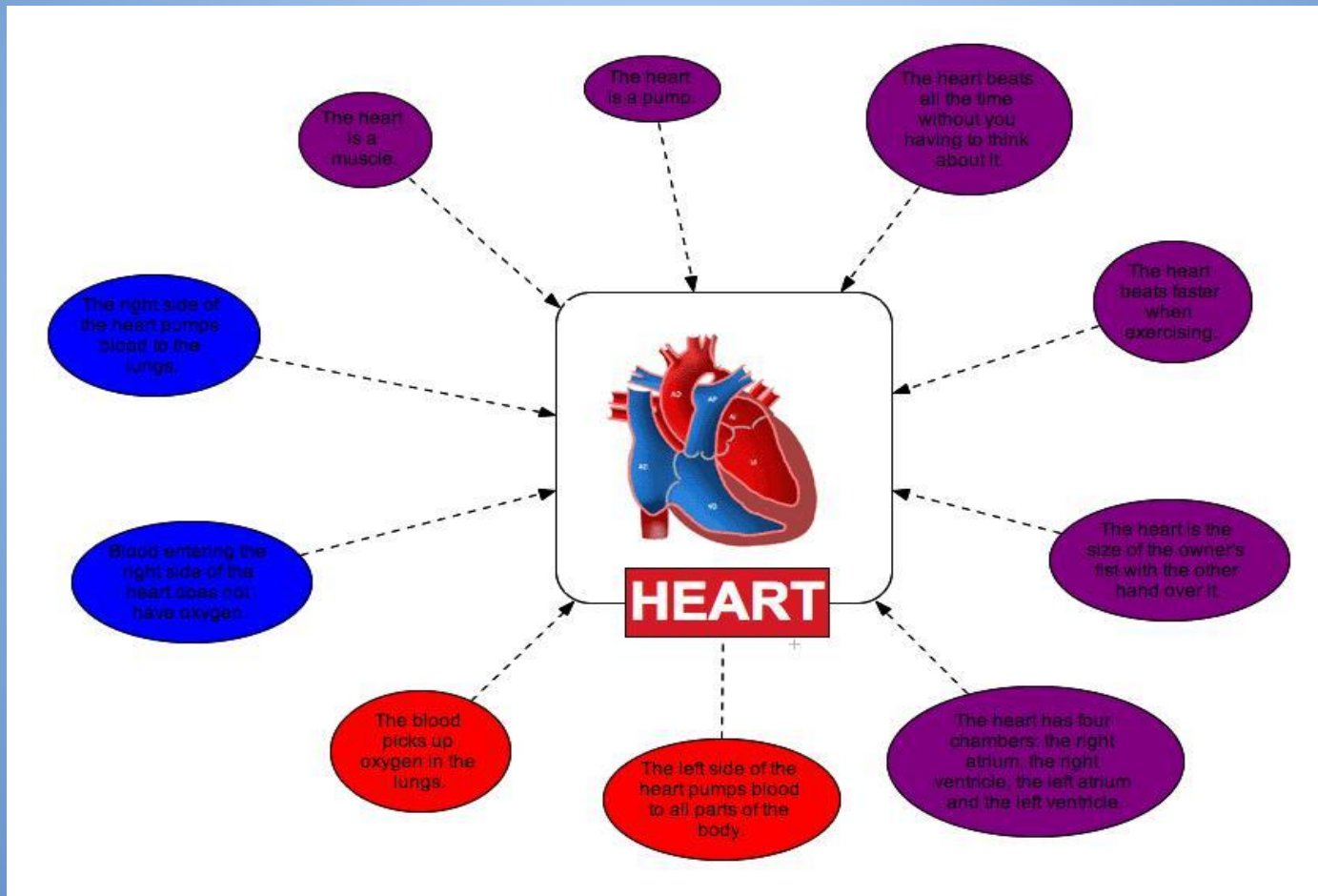
Tiles

- Alphabet tiles used for letter recognition, spelling while using various types of balls. Example: dribble and spell your name.

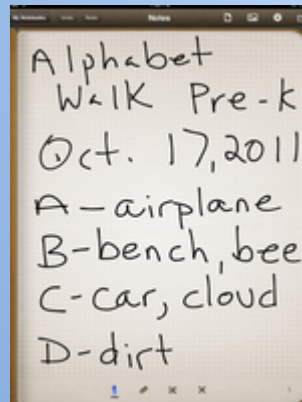


Letters

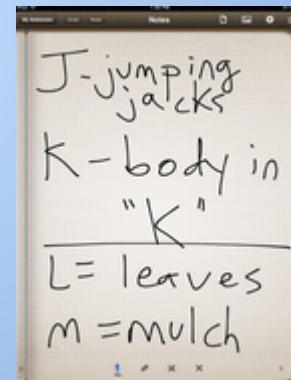
Smart Ideas and the heart



Alphabet Walk and the iPad



Alphabet
Walk Pre-k
Oct. 17, 2011
A - airplane
B - bench, bee
C - car, cloud
D - dirt



J - jumping
jacks
K - body in
"K"
L = leaves
M = mulch

Alphabet Walk

Make a movie of the activity

Pedometers / Flips

- Lower school students check out pedometers and flips to document how they are physically active outside of school.

iPads

- Fitness stations

Brain Pop and the Heart



QR Codes

- Upper school class designed QR codes for each of the exercise equipment in the fitness center.
- Used iMovie and research.



Design Thinking

- Using the Stanford d school thinking
- Global project with schools in Abu Dhabi and Dubai (lower school)
- Became much more than a project it became a cultural exchange

Ways to stay physically active



Ways to stay physically active



Tools

- RSS feeds
- google reader alternatives
- google calendar
- Follow others
- Twitter
- Podcasts

Twitter

Home Feed | + Add Stream | + Add Social Network

Home Feed (fish10) | Direct Message

m33braswell (fish10) 12:10pm via dlvr.it
mb Advance Auto Parts, Inc. (AAP), AutoZone, Inc. (AZO): These Stocks Might dlvr.it/3G7KWv

JeffBradbury 12:09pm via Twitter for Mac
We will be starting in a few seconds #IFCO

ToshibaInnovate 12:09pm via Twitter for iPhone
It's #earthday #yoga at the @ToshibaUSA exhibit @GrandCentralNYC! Get those hands up! pic.twitter.com/C6zBlbKag

ipadSammy 9:12am via Buffer
Get Buffer, the best way to post to Twitter, Facebook and LinkedIn with complete analytics – it's free: buff.ly/UBPXv2

edtechschools 9:11am via Twitter for iPad
Come check out my session on digital citizenship and SM tomorrow at 10am @HollyEdTechDiva will be ghangung out from California #gqfesummit

#peegeeks Search | 24 unread messages ↑

6:10am via HootSuite
62 Interesting Ways to Integrate iPad in your Classroom zite.to/16UPIKz via @Zite #peegeeks

jackschooling 7:29am via Twitter for BlackBerry®
@Chace_PE "@PEmattersRST: Make your revision more interesting by using a free #MindMap app! #peegeeks pic.twitter.com/Nx4PACRUOb" there y'go Daws

PEmattersRST 7:12am via Twitter for iPhone
Make your revision more interesting and help organise your thinking by using a free #MindMap app! #peegeeks pic.twitter.com/NmkgFfIL0I

mrrobbo 5:04am via HootSuite
The Fitness Tests App is FREE the 20th of April itunes.apple.com/au/app/fitness... #peegeeks
Retweeted by myccshells

nzteachology

#pechat Search | 3

OESPhysEd 10:23am via Web
@mikedoylempls @pk_lv2teachpe @Phyzed_Pomeroy @jsl1021 Mike, this is my "newspaper" of stuff I want to read:) #pechat anytime! YOU are funny
Show Conversation

pk_lv2teachpe 10:00am via Twitter for Android
"@mikedoylempls: @OESPhysEd @pk_lv2teachpe @Phyzed_Pomeroy @jsl1021 #PACER #pechat this am" Too funny. Fun 2 hear about other's experiences!

mikedoylempls 9:56am via Twitter for iPad
@OESPhysEd @pk_lv2teachpe @Phyzed_Pomeroy @jsl1021 I didn't know there was a #PACER #pechat scheduled for this morning. This is great!
Show Conversation

phys_educator Apr 19, 4:15pm via Tweetbot for Mac
The poll's for Monday's (22/04) #pechat are now open! Cast your votes here: thephysicaleducator.com/pechat/ (Please RT)

#schacademy Search | 3

MsMaloySCH 8:13am via Twitter for iPhone
#SCHacademy Come visit us @PHLScienceFest today! 20th and the Parkway pic.twitter.com/1xIY8Zcrtb
Retweeted by tommyday

MsMaloySCH 8:13am via Twitter for iPhone
#SCHacademy Come visit us @PHLScienceFest today! 20th and the Parkway pic.twitter.com/1xIY8Zcrtb
Retweeted by kolkkartist

schacademy 8:13am via GroupTweet
#SCHacademy Come visit us @PHLScienceFest today! 20th and the Parkway pic.twitter.com/xPoqmrwCi2 via @MsMaloySCH
Retweeted by kolkkartist

schacademy 8:13am via GroupTweet
#SCHacademy Come visit us @PHLScienceFest today! 20th and the Parkway pic.twitter.com/xPoqmrwCi2 via @MsMaloySCH

Google

- calendar to share what is being taught
- forms -
 - make emergency contact forms
 - safety checklists
- documents and research when writing
- drive for collaboration
- G+

Google

- Google apps for education
 - Drive
 - Gmail
 - Presentations
 - Forms
 - and so much more

APPS



APPLE APPS



\$4.99

iMovie



\$4.99

Garage
Band



\$9.99

Keynote



\$9.99

Pages



\$9.99

Numbers

iLife

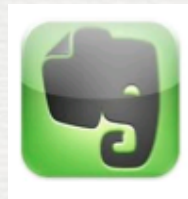
iWork Suite

PRODUCTIVITY



Free

Dropbox



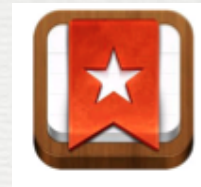
Free

Evernote



Free

Drive



Free

Wunderlist

PRODUCTIVITY



\$9.99

Documents
to Go



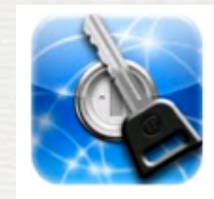
Free

Dragon
Dictation



\$4.99

GoodReader



\$9.99

1Password

Physical Education Apps



Free

Dartfish
EasyTag

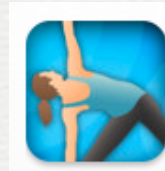


Free
Instant
Heart
Rate



Free

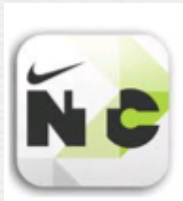
Stopwatch



\$3.99

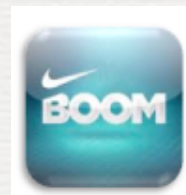
Pocket
Yoga

Fitness Apps



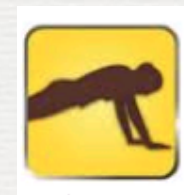
Free

Nike
Training
Club



Free

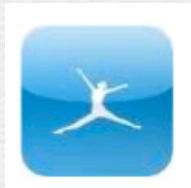
Nike
BOOM



\$1.99

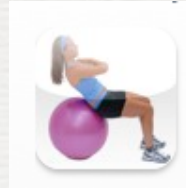
Hundred
Push Ups

Fitness Apps



Free

My
Fitness Pal



\$2.99

Gym Ball
Workouts



Free

Fitness
HD
Free

Health Apps



Free

WebMD



Free

Health &
Wellness



Free

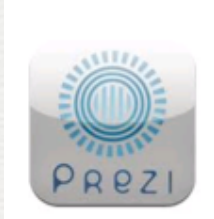
SPARK
People



Free

Pocket
CPR

Education Apps



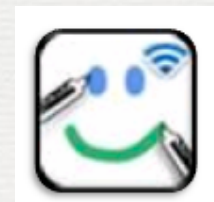
Free

Prezi



\$.99

Teachers
Pick



Free

Whiteboard
Lite

Attendance Apps



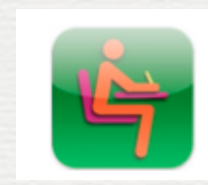
Free

Teacher
Pal



Free

Teacher's
Assistant
Lite



\$4.99

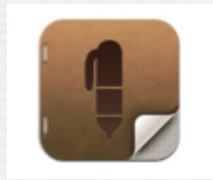
Attendance

Notes Apps



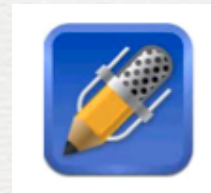
\$4.99

Soundnote



Free

Penultimate



\$.99

Notability



Free

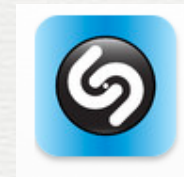
Easy
Note

Music Apps



Free

Pandora



Free

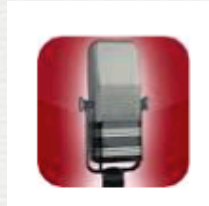
Shazam

Audio Apps



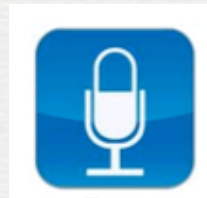
\$4.99

SoundNote



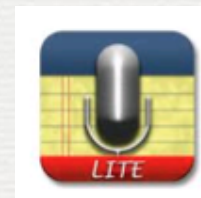
\$2.99

Recorder
HD



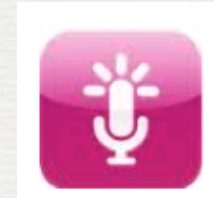
Free

QuickVoice
Recorder



Free

AudioNote
Lite



Free

Audioboo

Communication Apps



Free

Skype



Free

Google
Voice



Free

HeyTell



Free

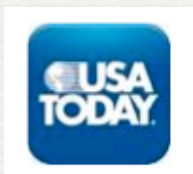
Text
Now



Free

textPl
us

News Apps



Free

USAToday



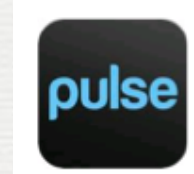
Free

CNN



Free

NPR
News



Free

Pulse



Free

Huffington
Post

Social Networking Apps



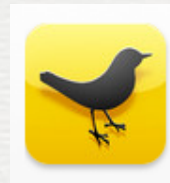
Free

Facebook



Free

Twitter



Free

TweetDeck



Free

Google+

Sports Apps



Free

ScoreMobile



Free

ESPN
Score
Center



Free

MLB.
com



Free

Yahoo
Sports

Twitter



Free

HootSuite

Coach's Eye



Ubersense



SCH Academy PE website

[PE Website](#)

Think big

- Get the press involved



Play and experiment

- PLAY YOURSELF - You won't use the tools unless you try them out yourself. Make a home movie of your family.
- make music
- calendar for groups to enter info
- be creative
- websites - make it simple parents just want to see their child and what is happening in class

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