**PE 2020  
Technology in PE: A Blessing or Curse?**

**Background**  
The average American over the age of 2 reportedly spends more than 34 hours a week watching live television, plus another three to six hours watching taped programs.[[1]](#footnote-1) These numbers increase with age. For the vast majority of teens, social and other digital com­munications media are daily parts of life. 68% of teens text every day, 51% visit social networking sites daily, and 11% send or receive tweets at least once every day.[[2]](#footnote-2) According to the Mayo Clinic, too much screen time has been linked to obesity, irregular sleep, behavioral problems, impaired academic performance, violence, and less time for play.[[3]](#footnote-3) One generation from now most people in the United States will have spent more time in the virtual world than in nature.[[4]](#footnote-4) Is technology connecting or distancing young people from today’s world? Why should they care about or preserve things they don’t know? Dependence on technology is increasing. To what extent is it a help or hindrance in PE? Should PE serve as an escape from technology and a chance for students to reconnect with their bodies and the real world around them?

**Your Mission: Technology Pros and Cons Group Challenge**1. Divide your table into two approximately even sized groups.

2. Spin a coin to decide which group gets to choose whether to be ADVOCATES for use of technology in PE or OPPONENTS.

3. Advocate Group goes first and gets 3 minutes to list all of the positives. Start timer. No discussion. Group members just keep expressing positives as fast as they can think of them. Other group takes notes on every point Advocate Group makes.

4. Start timer again and Opponents Group now expresses as many negatives and concerns in 3 minutes. Notes this time taken by Advocate Group.

5. Both groups now have exactly 2 minutes to respond however they wish to points made by opposing group.

****6. In the time remaining have a whole group discussion and identify top FIVE issues that interested your group and be ready to share them with the audience.

1. Nielsen Report. Retrieved from <http://www.nydailynews.com/entertainment/tv-movies/americans-spend-34-hours-week-watching-tv-nielsen-numbers-article-1.1162285> [↑](#footnote-ref-1)
2. Center for Media Research. Retrieved from http://www.mediapost.com/publications/article/179287/teens-viewpoint-on-digital-lives.html#ixzz21qGG0f9q [↑](#footnote-ref-2)
3. Retrieved from http://www.mayoclinic.com/health/children-and-tv/MY00522 [↑](#footnote-ref-3)
4. Playagainfilm.com [↑](#footnote-ref-4)