

***Technology of Physical Literacy through the Mind, Body and Spirit
SHAPE America Conference
Seattle, WA***

Presenters:

Crystal Gorwitz – 2004 National Middle School Physical Education Teacher of the Year from Hortonville Middle School

Victoria Otto – 2012 Midwest High School Physical Education Teacher of the Year from Highland Park High School

Thursday, March 19th, 2015

4:00 – 5:15 Ballroom 6A

National Physical Education Standards Addressed

Standard 1 – *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.*

Standard 2 – *The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.*

Standard 3 – *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.*

Standard 5 – *The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.*

Introduction of Presenters & Description of Presentation

This presentation will help teachers discover how to incorporate and balance the use of technological tools, assessments and strategies with the physiological technology of the body through yoga practices. Teachers will leave with a new perspective on physical literacy strategies that can apply to any unit of instruction.

- **Crystal Gorwitz** – will be representing the “*Electronic Brain*” sharing a Kahoot. This application helps engage students through gamification and can be used as a formative assessment.
- **Victoria Otto** – will be representing the “*Body Brain*” using physiological technology of the body through yoga practice.

Participants in this session can choose to participate in the yoga practice (body brain) or follow along using their own mobile device (electronic brain).

Participants will have the option to pair up with someone of the opposite brain!

Four Letter Word - Ice Breaker/Brain Break

You will need a partner. Partners face each other. Each partner must think of a four-letter word (for our presentation there will be four letter words associated with yoga on the screen for our participants to use). When each partner has his or her four-letter word the game begins. The partners play patty cake and each time they slap their partners hand they say a letter from their four-letter word.

When all letters are shared each partner guesses what the other partners four-letter word was!

Formative Assessment – Kahoot

This website/free app will use gamefication to assess participant's knowledge of muscle anatomy. The body brain participants will be holding the yoga pose while the electronic brain will be answering the Kahoot questions about muscle anatomy.

To create a Kahoot go to www.getKahoot.com

To participate in a Kahoot go to www.Kahoot.it and enter the code on the screen

Body Brain

Will take participants through a yoga and functional strength routine that covers the major muscle groups. Participants will be asked to identify which muscle groups are the primary stretching muscle and strengthening muscle bringing attention and awareness to what is actually happening during the poses.

Electronic Brain

Will participate in the Kahoot questions by using their own mobile device (or sharing with someone else). They will put the Kahoot code on the screen into their mobile device and answer the muscle anatomy questions while watching the body brain go through the yoga routine.

What Stuck with You? Formative Assessment

All participants will come together (body and electronic brains) and receive a post it notes. The post it notes will be used to answer question on a large piece of poster board and the answers will spell out the answer to the question.

Poke a Muscle App

<http://www.anatomyarcade.com/games/PAM/PAM.html>

Participants will need to turn the sound off...