

Technology in Action!

Lynn Hefele Margaret Robelee




2016 SHAPE America Webinar Series

“By you, for you”


Member ideas shared with other members facilitated by SHAPE America

The ideas and views presented in this webinar are that of the listed speaker and are not necessarily reflective of SHAPE America's view. SHAPE America believes in presenting a variety of ideas and opinions to its diverse membership to engage collaboration and discussion among all members of our represented fields.







Housekeeping

- Please call 1-800-263-6317 in the event of any technical difficulties
- For direct questions, please use the Question box on the GoToWebinar control panel
- A recording of the presentation and your certificate of 1.0 contact hour will be available next Tuesday






Margaret Robelee

- Elementary PE Teacher at North Park Elementary School in Hyde Park, NY
1/1984 – present
- President – Southeastern Zone of NYS AHPERD
- 2011 NYS AHPERD Elementary PE Teacher of the Year
- 2014 Eastern District/SHAPE America Elementary PE Teacher of the Year







Lynn Hefele

- 2015 NYS Elementary TOY
- Elementary PE Teacher Huntington, NY
- VP NYS APHERD Suffolk Zone Elementary/MS

Technology in Action

Why Tech?

- Motivate
- Organize
- Reach out / Communicate
- Educate

Only if you are looking for "MORE"!



Agenda

- Challenges/Obstacles
- Logistics
- Technology for:
 - Movement
 - Classroom Management
 - Knowledge
 - Assessment
 - Professional Development
- Questions?



Learning Objectives

Participants will learn:

- To use Technology to motivate to increase physical activity.
- To implement at least three lessons using heart rate monitors and pedometers at the elementary level.
- To use three iPad applications used by the teacher that will facilitate learning.
- To use three iPad applications used by students that will facilitate movement and improve physical fitness.
- To use Plickers for assessment of student learning.
- To use video taping applications for assessment of student skill acquisition.



Poll Question #1

How would you rate yourself in terms of your use of technology?

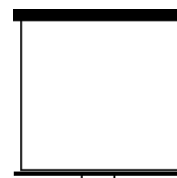


Challenges/Obstacles



Logistical Considerations

- Screens
- Devices
- Routines/use to maximize activity time



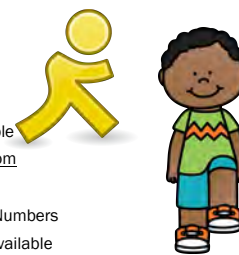
Technology for Movement

- Pedometers
- Heart Rate Monitors
- iPad/Android apps



Pedometers

- **Care** - PE Rules of the Road
- **Type** - Accusplit Eagle
 - Many other styles available
- **Batteries** - www.batterybob.com
- **Goals** - Class - 1000+ steps
- **Organization** - Color Groups/Numbers
- **Storage** - Pocket organizers available
- PE Central Log - it
- PE Geek - Active Globe



<http://www.kimspeterson.com>



“Wipe-Out!” – Pedometer Lesson

- Uses 1963 song by the Surfariis
- Students work in pairs
 - Runner/Recorder
- Jog during melody
- “Fast Feet” during drum solo
- Recorder uses Gel Board
- “Gel Board Math” - add steps together
- Extensions could include log cards, goal setting, and exercise comparisons for older students



Timer Tops/Spin the Ring Pedometer Lesson

- Students work in pairs and take turns spinning a ring, hula hoop, or timer top
- Students choose exercises to compete while top or ring, or hoop is spinning to log as many steps as possible
- Extensions include student discussions about which exercises increased step counts and why



Heart Rate Monitors

- **Types**
 - Insta-Pulse (no chest strap)
 - Pulse Bar (no chest strap)
 - Other styles available with chest straps
- **Batteries** - www.batterybob.com
- **Organization** - Color Groups
- **Storage** - Pocket organizers available by color
 - Heart rate monitors are available for use during warm-ups
 - Used during fitness station lessons



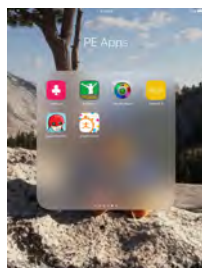
Poll Question #2

In which area do you use technology the most?



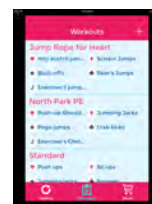
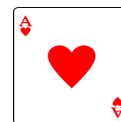
Apps for Movement

- Deck Workout
- Fit Deck Jr.
- Decide Now
- Stretch-It
- Super Stretch Yoga
- Swork-it for kids
- Tabata Pro
- Heart Rate
- PACER/Beep Test
- Music Sources
- FX Guru Video



Deck of Cards Workout

- iPhone app that works on iPad
- Also available on Google Play
- Free
- Customize Deck with exercises/themes
- Students take turns "swiping" to next card



Fit Deck Jr.

- Expensive App - \$9.99
- <https://www.fitdeck.com/>
- Variety of movement
- Categories of exercise
- Exercise is described using picture and text
- Numbers for beginner, intermediate and advanced

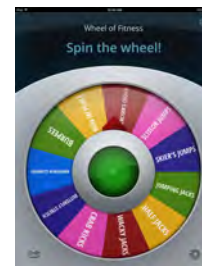


<https://www.whimsyclip.com>



Decide Now

- \$.99 - \$1.99
- Available on iTunes and Google Play
- Variety of movement
- Customize Wheel
- Spin fast or slow
- Can make multiple wheels based on exercise goals or questions to be asked
- Emojis can be added for pictures



Stretch-it

- \$1.99
- Available from The PE Geek <https://thepegeek.com>
- Stretches are organized by sections of the body
- Illustrations are helpful
- Can also purchase in a bundle with "Jump-it" and other apps
- Need WiFi to make this work well.



<https://www.whimsyclip.com>



Super Stretch Yoga

- Free app
- Available from iTunes
- Enjoyed by K-2
- Yoga poses based on animals
- Choose "Play All" or individual poses



Swork-it for Kids

- Free app
- Available on iTunes and Google Play
- Enjoyed by K-2
- Workouts based on strength, agility, flexibility
- Workouts can be customized



<https://www.whimsycops.com>



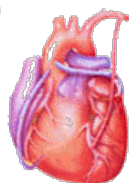
Tabata Pro Timer

- \$2.99 - \$3.99
- Available on iTunes and Google Play
- Free timers are available as well as music
- Enjoyed by K-5 and beyond
- A Tabata timer that uses your music and can be customized
- Tabata workouts use interval type training
 - Noodle Tabata
 - Basketball Tabata
- Can also be used to time and manage transitions during station activities



Heart Rate Monitor Apps

- Instant Heart Rate - free or \$2.99
 - Finger over the camera button
- Useful for adapted PE
- Station Use



Pacer/Beep Tests

- Bleep Test Free
 - Running Man helps guide your runners
- Beep Test
 - Individuals or Teams
- The Beep Test
 - Just Timer



Music

- Pandora
 - Kidz Bop
- Fit Radio
 - Phys Ed. Workout
 - Free trial
- Youtube
 - Workout music
- Spotify

PANDORA



FX Guru

- Motivational Videos
 - Dance
 - Parent Engagement




Technology for Management


- Team Shake
- Stick Pick
- Educreations





Team Shake




- Price- .99 - Available on iTunes and Google Play
- Input class lists
- Create Random Teams
- Divide Students- ability, boy/girl, etc.
- Pick random student




Stick Pick




- \$3.99 – Available on iTunes and Google Play
- Input class roster data
- App picks one student randomly
- Can choose to eliminate that stick until all are picked



Educreations





- Free
 - Paid version available with more options
- Turns iPad into a whiteboard
- Can be used for entry messages, diagrams, explanations
- Message narration



Educreations

Make a shape on the floor with your rope. Jump with two feet in a jumping pattern you create.

Educreations

Take off your sneakers.



Find a personal space on the carpet




Technology for Knowledge

- Kahoot
- Gifs for teaching cues
- Virtual Heart
- My Incredible Body
- QR Codes
 - PE Password



Kahoot



- Free Web Application and online game platform.

- www.getkahoot.com

- Game to test student knowledge
- Team/Individual
- Wifi/Internet/Data connection is necessary
- Can use a variety of computers/ devices to answer
- Great for days without a gymnasium or Family Fitness night
- Create your own games or use games created by others

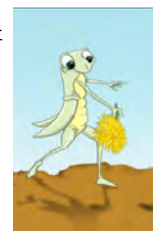
Gifs



Watch the ball
all the way to
your forearms.

Creating Gifs

- Gifmaker.me / GifBrewery / Loop it
- Upload images or video
- Choose size
- Choose speed
- Optional music
- Create!
- <http://www.lepeinc.com/gifs.html>



Virtual Heart




- Free App
- Available on iTunes
- Choose bpm to show students an actual heart beating at that heart rate
- Can show a variety of heart views
- Use Heart Rate Monitors to compare/contrast heart rates during exercise.

My Incredible Body




- \$3.99 - \$4.99
- Available on iTunes and Google Play
- Choose body system to view
- Allows 360 degree views
- Narrates information
- Quiz component

QR Codes



What is the PE Password? PEDOMETER



- Variety of uses
 - Question/Answer
 - Activity Directions
- What is the PE Password?
- Code Creation
 - www.qrstuff.com
 - <https://qrcode.kawya.com>
- Code Scanning
 - Scan App
 - QR Reader App



QR Codes


How do I create one?

- Go to: www.qrstuff.com
- Choose "Text"
- Type in the text that you want students to read
- Choose a color from the color picker to the left of the code
- Choose "Download QR Code"
- The file will be saved as a png or jpg picture file
- The file can be renamed by choosing "Save As" after opening it


Poll Question #3

Would you assess more if technology made it easier?




Technology for Assessment


- Comic Life
- Google Forms
- Plickers
- Jeopardy
- BAM Video Delay
- Video Multiple Choice


Comic Life





- \$4.99
- Available for Windows or Mac as well as iPad or iPhone
- Create assessments using comic book themes and templates
- Use in combination with Plickers or as a stand alone assessment



Google Forms




- PE Homework
- Can be embedded in PE website or used via Google Drive
- Answered at school for students without internet access
- Responses are recorded through Google Sheets


Google Forms

Rock Wall Climbing



When you climb our rock wall you are allowed to:

- Climb over and under other climbers
- Place your feet over or above the red safety line
- Jump off of the wall when you are done
- Make good decisions and climb safely to the right



Google Forms

Cooperation





Cooperation means:

- Arguing with a partner
- Working together to accomplish a goal
- Being unfair to others
- Using unkind words and actions




Plickers

- App and online web platform
- Students are assigned a card number
- Students answer a question by holding their card oriented vertically to choose A, B, C, or D
- Cards are scanned using iPad, iPhone, or Android device
- Answers are recorded
- A quick way to assess student learning
- Pre-made questions are available (See resources to explore)
- Data can be filtered and used in a variety of ways
 - Data team meetings
 - Report Cards
 - Student portfolios

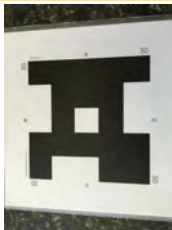




Plickers Cards

Front



Back





Plickers Cards

How does it work?

- Each student is given a card with a unique visual code.
- The code has 4 sides, each lettered A, B, C, and D.
- The student holds the card so that the letter they choose to answer the question with is at the top of their card.

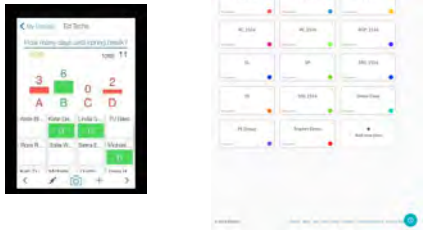



Plickers Scan





Plickers Data



SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS


Plickers Questions



SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

Jeopardy

- Free templates available from <http://edtechnetwork.com/powerpoint.html>
- No WiFi necessary
- Can be used for knowledge questions or warm-ups



SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

Jeopardy



SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS


BAM Video Delay

- \$7.99
- Available on iTunes
- Allows for students to view their performance without having to rewind.
- Set a time interval
- Student performs, walks to camera and after the pre-set interval, they watch performance
- Post question for video reflection



SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS


BAM Video Delay



SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

Video Assessments

Which component of skill- related fitness is this person demonstrating?




A. Reaction Time

C. Flexibility

B. Balance

D. Agility

Choose the letter of the best answer.



Creating Video Assessments

- Powerpoint Slide
- Insert title
- Insert picture/gif/video
- Insert answers
- Time answers using animations tab
- Add audio under insert tab
- Save as MPEG-4 Video
- Lynn Hefele Youtube Channel- videos

QUESTIONS

1- A B C D



2- A B C D

3- A B C D

4- A B C D

5- A B C D

6- A B C D

Technology for Professional Development

- OPEN
 - <http://openphysed.org/>
- Twitter
 - www.twitter.com
- SportsYou
 - <https://sportsyou.com/>




OPEN

<http://openphysed.org/>

Online Physical Education Network

- Free
- Standards
- Modules
- Assessments
- Academic Vocabulary
- Depth of Knowledge questions
- Downloadable
- Customizable



Twitter

- Virtual Conference
- Many professionals to follow
- ESPECHAT
- PhysEdSummit
- Tweet Deck
- IFTTT.com
 - If this then that
 - Auto re-tweet



www.twitter.com



Twitter

www.twitter.com



#PhysEd #mustfollow

@PhysEdZone	@LynnHefele	@LynnHefele	@LynnHefele	@LynnHefele
@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone
@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone
@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone
@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone	@PhysEdZone



sportsYou <https://sportsyou.com/>

Coming Soon!
Mid-November 2016

- Facebook
- YouTube
- Google Classroom






Hacks and Finds

Tips to make technology easier.....


- Screen Shot to Picture
 - Open in illustrator/paint or other photo editor
 - Crop and save
- Save Powerpoint as a movie
 - Save As
 - Select mpeg4
- Mac - control click can save as a picture
- Adobe Reader
 - Take a snapshot
 - Paste into word document
 - Control and then right click to save as picture



Hacks and Finds


Tips to make technology easier.....

- Save Power Point slides as pictures
 - File Save as Pictures
 - Saves each slide as a jpg
- Grab Utility on Mac
 - Find under Applications in the Utilities folder
 - Allows you to capture selections and save as pictures




Resources to Explore

- Heathers Animations
 - Free animations - gifs
- Class Dojo
 - <https://www.classdojo.com>
 - Class behavior management system
- Socrative
 - <http://www.socrative.com/>
 - Interactive Quiz - Teacher / Student apps
- Pre-Made Pickers Questions
 - ThePhyzedReview - <http://phyzedreview.weebly.com/>
 - <http://www.lepeinc.com/plicker-questions.html>



Resources to Explore

- Internet Resources
 - SHAPE Webinars
 - <https://portal.shapeamerica.org/trn-Webinars>
 - SHAPE Teacher's Toolbox
 - <http://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/index.cfm>
 - State Professional Associations
 - NYSAPERD Online Institute for Professional Development
 - www.nysahperd.org



Questions?




Contact Information

- Margaret Robelee
 - Email
 - margaretroblee@hpcsd.org
 - mrob6131@gmail.com
 - North Park PE Website:
 - <http://www.hpcsd.org/webpages/MRobelee/>
 - Twitter @mrobPE
- Lynn Hefele
 - Email
 - lynn.hefele@gmail.com
 - Website:
 - lhefele-asherrard.Huntington.site.eboard.com
 - Teacher Resource Page
 - <http://www.lepeinc.com/teacher-resources.html>
 - Twitter
 - @lynnhefele

