

# Steps to Scanning a QR Code



**1.** Open the **i-nigma** app after you download it.

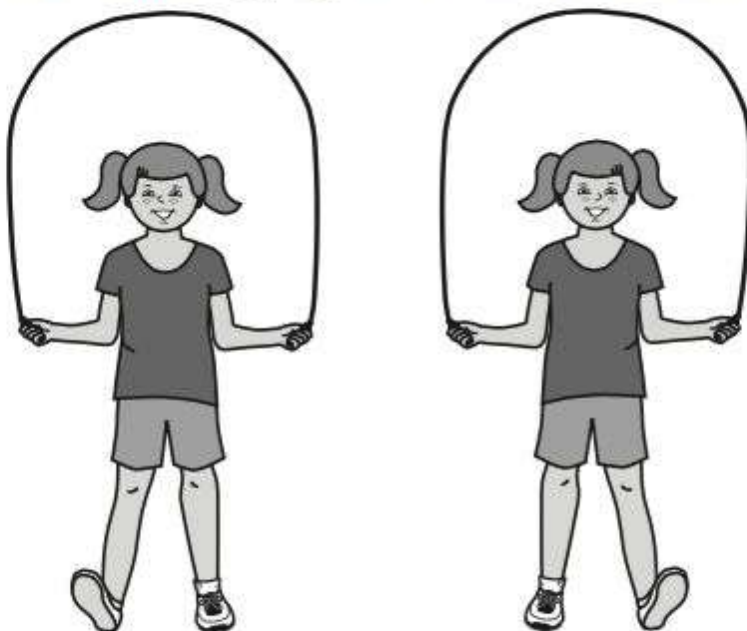
**2.** Hold your device over the **QR Code** to scan it.

**3.** Click the **Go Online** button.

**4.** View content.

# HEEL TAPS

Alternate tapping R and L heels forward.



**INDIVIDUAL TRICK**

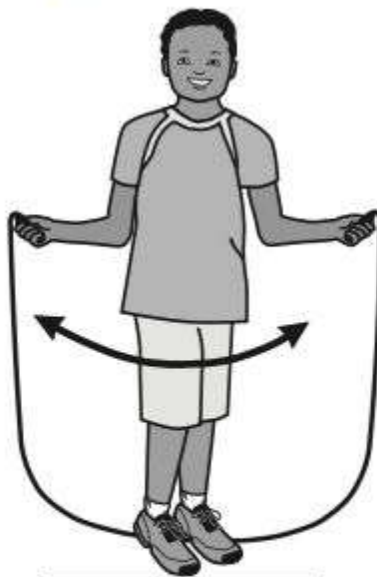
JUMP ROPE

**SPARK**  
3-6



# TWISTER

Jump and twist lower body to the R and L while upper body stays forward.



**INDIVIDUAL TRICK**

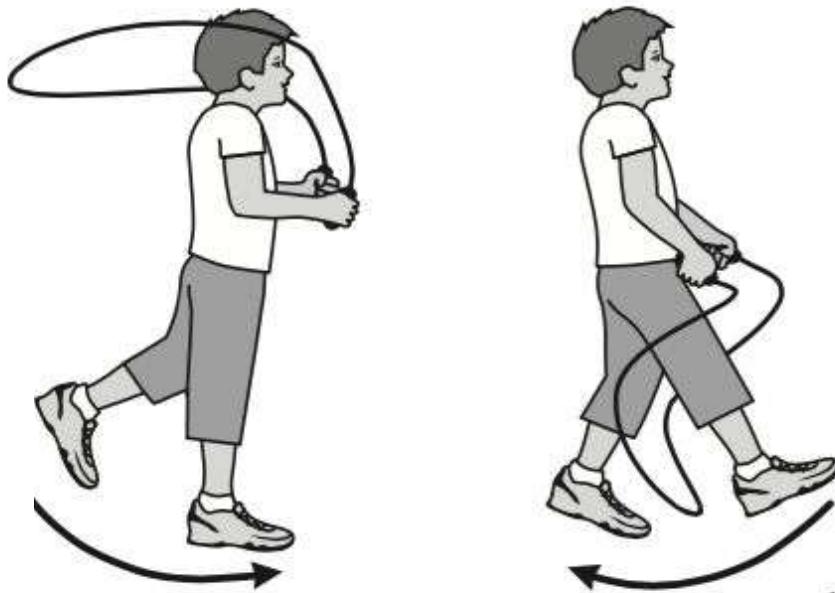
JUMP ROPE

**SPARK**  
3-6



# ROCKER

With 1 foot forward and the other foot back, rock from foot to foot.



INDIVIDUAL TRICK

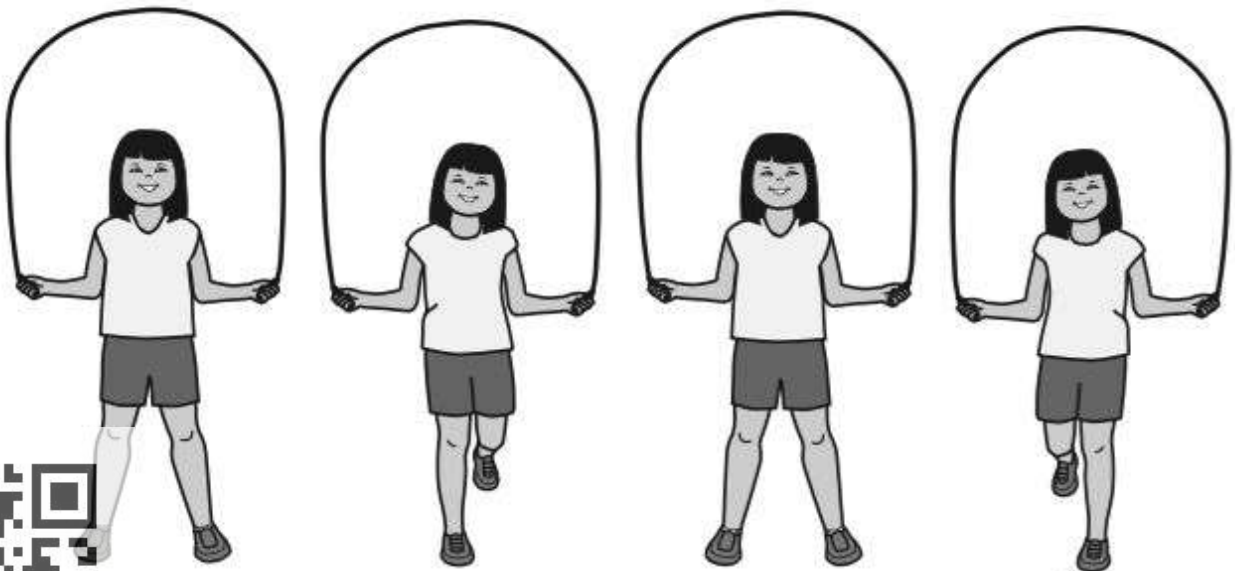
JUMP ROPE

SPARK  
3-6



# HOPSCOTCH

Alternate a straddle with a hop. Switch feet with each hop.



INDIVIDUAL TRICK

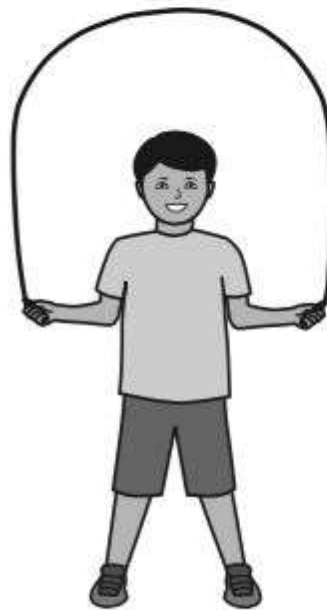
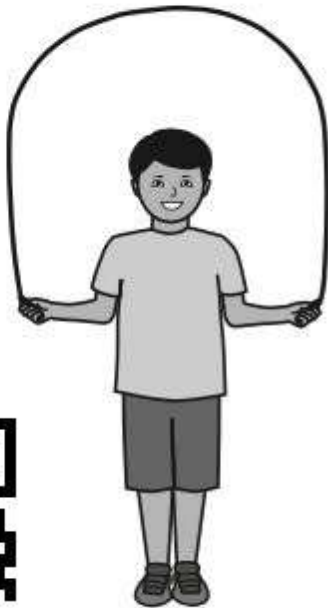
JUMP ROPE

SPARK  
3-6



# STRADDLE

Alternate jumping with feet together and feet shoulder-width apart.



**INDIVIDUAL TRICK**

JUMP ROPE



# BELL

Feet together, jump forward and back.



**INDIVIDUAL TRICK**

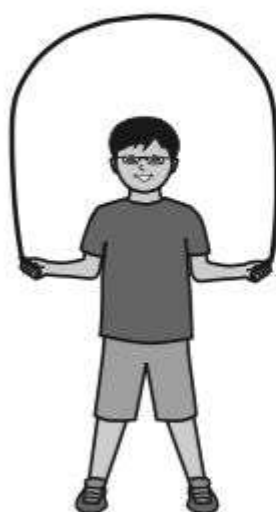
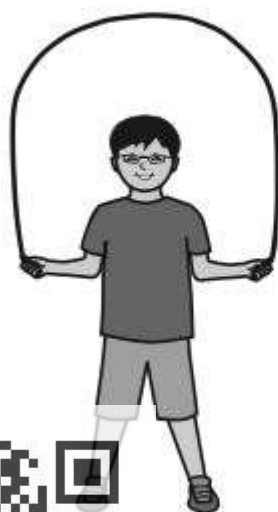
JUMP ROPE





# THE X

Alternate a straddle with feet crossed. Switch front foot on each cross.



**INDIVIDUAL TRICK**

JUMP ROPE



# HOT PEPPERS

Jump with single bounce and a very fast rope turn.



**INDIVIDUAL TRICK**

JUMP ROPE



# CROSSOVERS

Cross hands in front so L hand is on R side and R hand is on L side.  
Arms cross at elbows.



**INDIVIDUAL TRICK**

JUMP ROPE

**SPARK**  
3-6



# DOUBLE UNDERS

Turn rope super speedy so it moves under your feet twice for each jump! Pick your feet up high to give you more time.



**INDIVIDUAL TRICK**

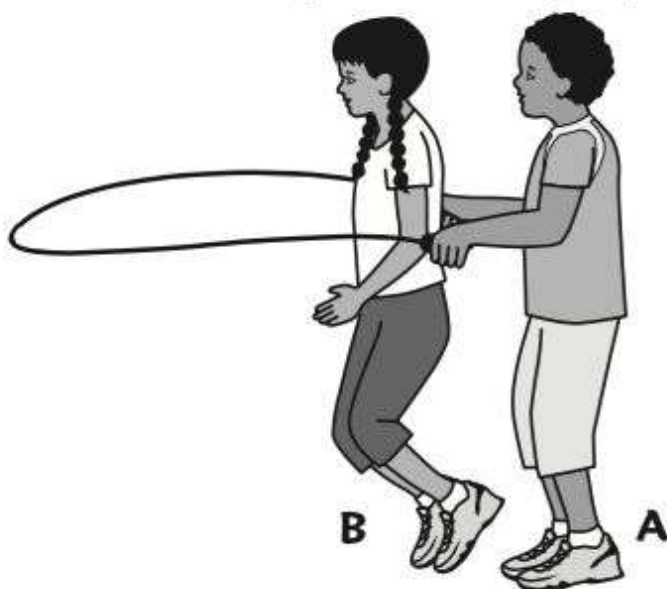
JUMP ROPE

**SPARK**  
3-6



# FRONT-TO-BACK

1 rope. Partner A holds both handles and faces Partner B's back. Partner A turns the rope while both jump. Switch roles.



**PARTNER TRICK**

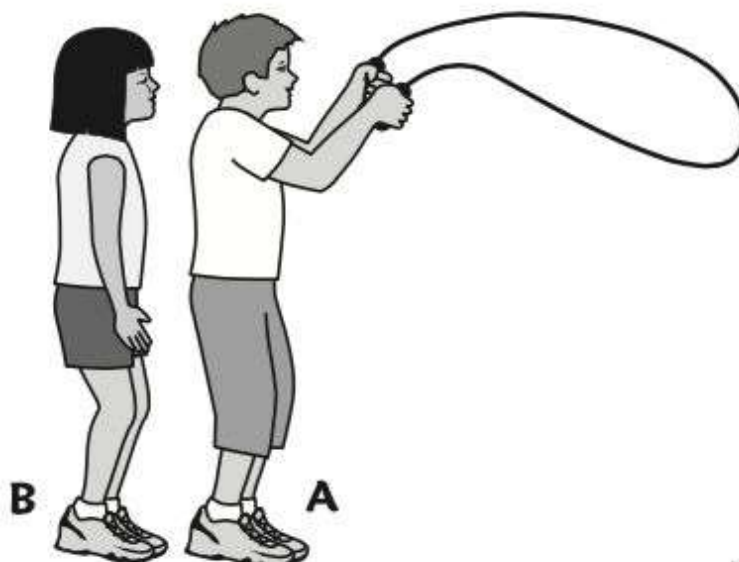
JUMP ROPE

**SPARK**  
3-6



# BACK-TO-FRONT

1 rope. Partner A holds both handles. Partner B faces back of Partner A who turns the rope while both jump. Switch roles.



**PARTNER TRICK**

JUMP ROPE

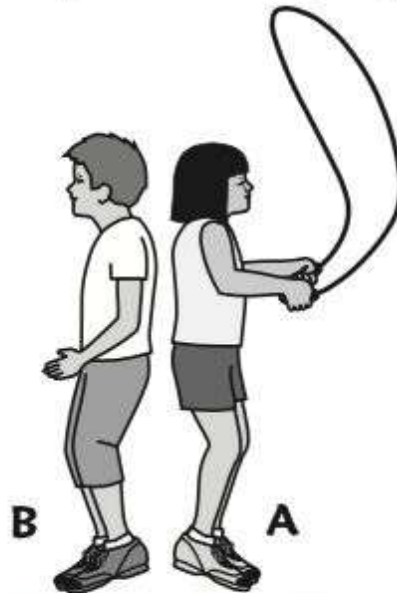
**SPARK**  
3-6





# BACK-TO-BACK

1 rope. Partner A holds both handles. Partners stand back-to-back. Partner A turns the rope while both jump. Switch roles.



**PARTNER TRICK**

JUMP ROPE

**SPARK**  
3-6



# TURN WHILE JUMPING

1 rope. Partner A holds both handles. Partner B faces front of Partner A who turns the rope while both jump. Partner B jumps in a tiny circle. Switch roles.



**PARTNER TRICK**

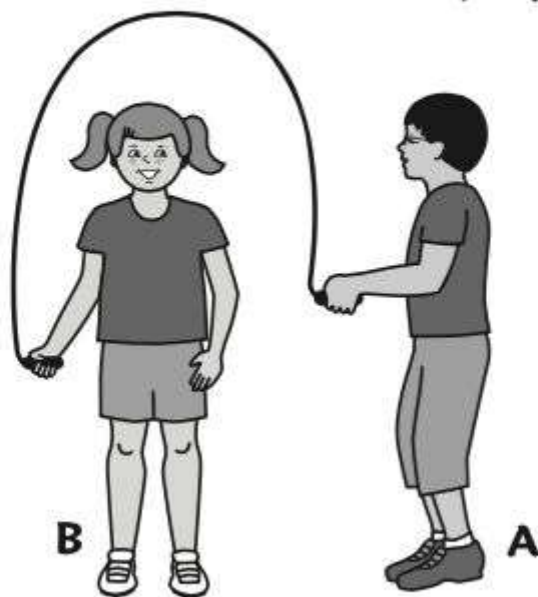
JUMP ROPE

**SPARK**  
3-6



# TURNER AND JUMPER

1 rope. Partner A outside rope holds and turns 1 handle. Partner B inside rope holds and turns 1 handle, and jumps. Switch roles.



**PARTNER TRICK**

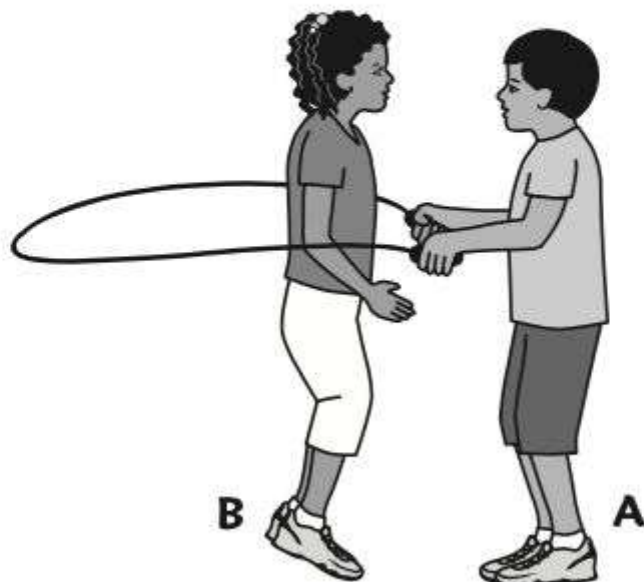
JUMP ROPE



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# FRONT-TO-FRONT

1 rope. Partner A holds both handles. Partner B faces front of Partner A who turns the rope while both jump. Switch roles.



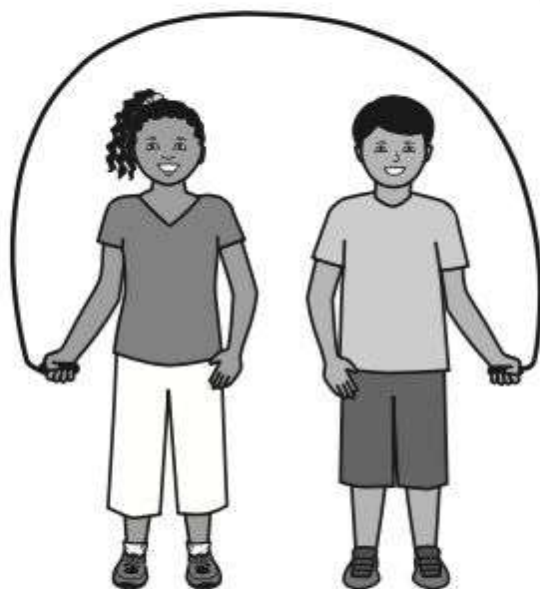
**PARTNER TRICK**

JUMP ROPE



# SIDE-BY-SIDE FACING SAME

1 rope. Stand side-by-side, holding rope with outside hands while turning.



**PARTNER TRICK**

JUMP ROPE

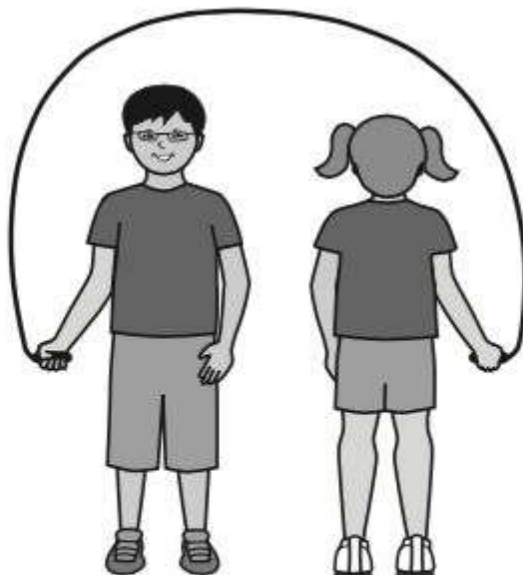
**SPARK**  
3-6



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# SIDE-BY-SIDE FACING OPPOSITE

1 rope. Stand side-by-side facing opposite directions, holding rope with outside hands while turning.



**PARTNER TRICK**

JUMP ROPE

**SPARK**  
3-6





# LIVE Video Delay Assessment Station

## Instructions:

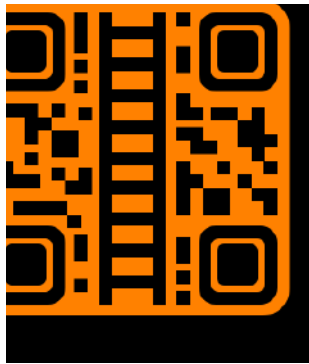
- Scan the QR Code and perform the exercise in front of the iPad so the camera can record you.
- Once you have completed three reps of the exercise, move to the other side of the iPad to view the screen. The screen is a “mirror on delay” set to 15 seconds.
- View the delayed recording of the exercise.
- Reflection:
  - Did you complete the cues listed below as you performed it?



What zone will you be  
in while performing  
this exercise?

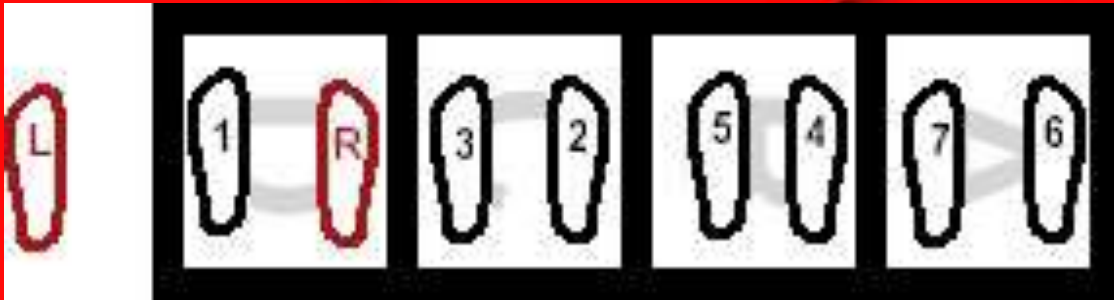
## Standing Row Checklist:

- ☐ Place your feet on the middle of the resistance band shoulder width apart.
- ☐ Grab the opposite handle to cross the resistance band in front of your body and hold over your thighs.
- ☐ Stand tall, core engaged, with knees slightly bent.
- ☐ Pull the handles up to your chin with your elbows higher than your hands.
- ☐ Hold for 1 second, then slowly return to starting position.



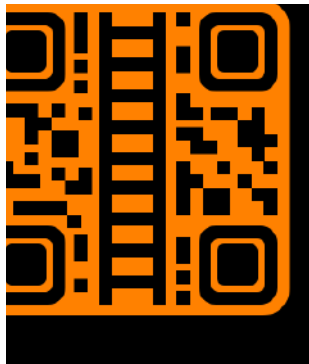
# AGILITY LADDER

## QR CODE GUIDE



**1** In Lateral



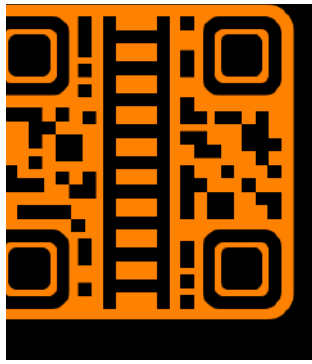


# AGILITY LADDER

## QR CODE GUIDE



**2 In Lateral**



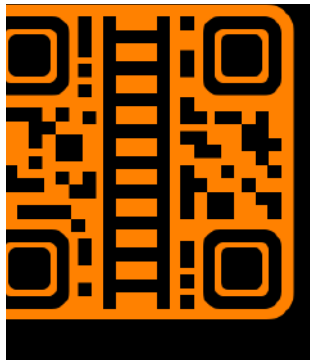
# AGILITY LADDER

## QR CODE GUIDE



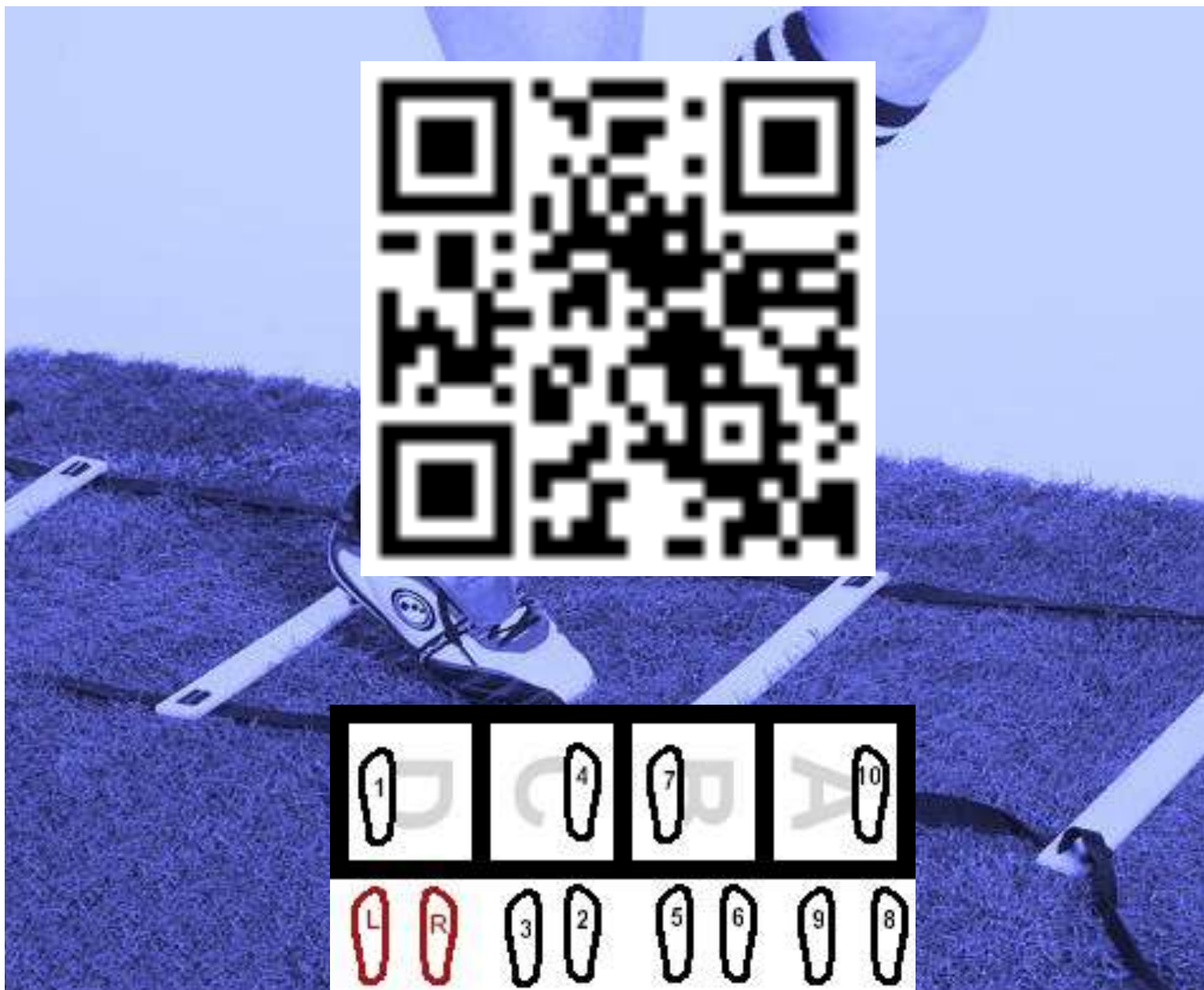
In In Out Out





# AGILITY LADDER

## QR CODE GUIDE



In Out Out

# THE HEART

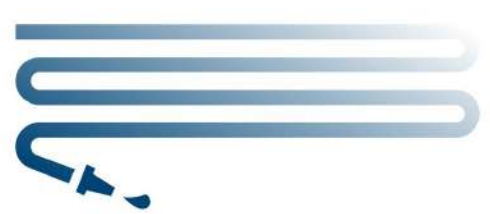
## ELECTRICALLY CHARGED

Because the heart has its own electrical impulse, it can continue to beat even when separated from the body as long as it has an adequate supply of oxygen.



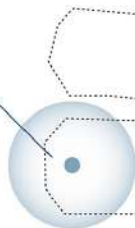
## HOSE VS. HAIR

The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair.



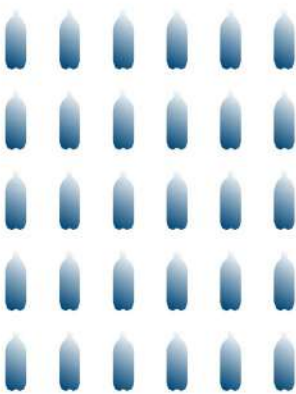
## PASS THE TISSUE

Blood is actually a tissue.



## HEART POWER

The volume of blood pumped by the heart can vary over a wide range, from five to 30 liters per minute.



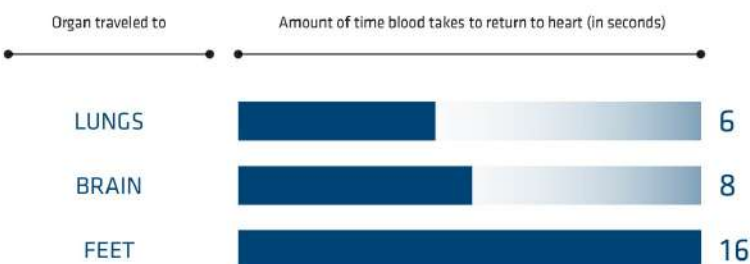
## ENTRANCE HALL & LITTLE BELLY

"Atrium" is Latin for "entrance hall" and "ventricle" is Latin for "little belly."



## HEART SPRINTS

Even at rest, the muscles of the heart work hard—twice as hard as the leg muscles of a person sprinting.



## TRAVEL PRO

When the body is at rest, it takes only six seconds for the blood to go from the heart to the lungs and back, only eight seconds for it to go to the brain and back, and only 16 seconds for it to reach the toes and travel all the way back to the heart.



# THE HUMAN BODY

## WE GOT THE BEAT

Before each beat, your heart fills with blood. The muscle then contracts to squirt the blood along. An adult heart beats **60-80 times per minute**.

60 - 80

BEATS PER MINUTE

## RIGHT VS. LEFT

Right-handed people live, on average, **nine years longer** than left-handed people do. The majority of the machines and tools we use on a daily basis are designed for those who are right handed, resulting in thousands of accidents and deaths each year.

## MILES OF VESSELS

The human body has **60,000 miles of blood vessels**. The distance around the earth is about 25,000 miles, making the distance your blood vessels could travel if laid end to end more than 2x around the earth.



## WET FEET

Feet have **500,000 sweat glands** and can produce more than a pint of sweat a day.



## BRAIN POWER

The brain operates on the same amount of power as a **10-watt light bulb** and generates as much energy as a small light bulb even when you're sleeping.



## BREATHE IN

The surface area of a human lung is equal to a **tennis court**.

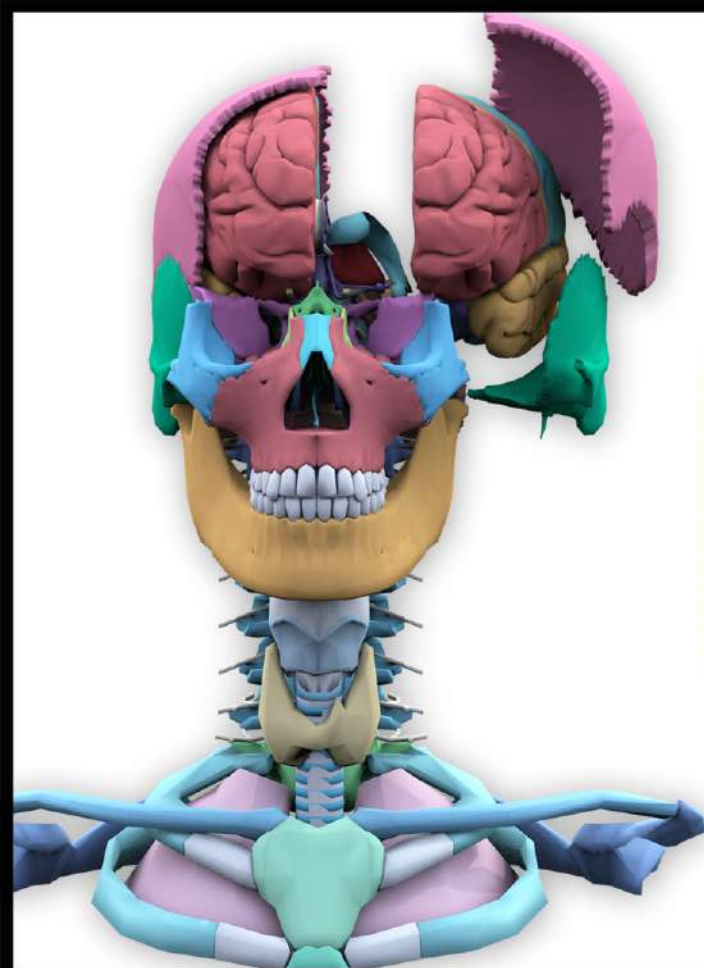


The large amount of surface area makes it easier for the exchange of oxygen and carbon dioxide to take place, and makes sure you stay properly oxygenated at all times.

## "SMALL" INTESTINE

The largest internal organ is the small intestine. In fact, it's so long that it is actually **four times as long as the average adult is tall**.





# the. brain

AR Anatomy Series

Start the app  
and point at  
this page.



Use the icons  
to view and  
animate the  
layers.



Touch parts of  
the brain to  
learn more.

Select 'Neuron'  
to see inside  
the brain.

Audio by Sarah Benyon, Consultant Surgeon

Find out more at:  
[harmony.co.uk/brainapp](http://harmony.co.uk/brainapp)



Available on the  
**App Store**

ANDROID APP ON  
**Google play**

# Video Delay Task Card



Groups of 5-6. Set the tripod and iPad on the edge of your boundary. One person will stand by the iPad as the “Reviewer”. Three people (“Passers”) will line up with a ball straight down from the tripod and Reviewer. The “Receiver” will line up across from the first Passer. Passer 1 will toss the ball to the Receiver who will forearm pass or set back to them. The Receiver will move down then line to Passer 2 and then to Passer 3. After completing three passes, everyone will move to their left. The Receiver will become the Reviewer, the Reviewer will become a Passer 3, and Passer 1 will become the new Receiver.

## Cues

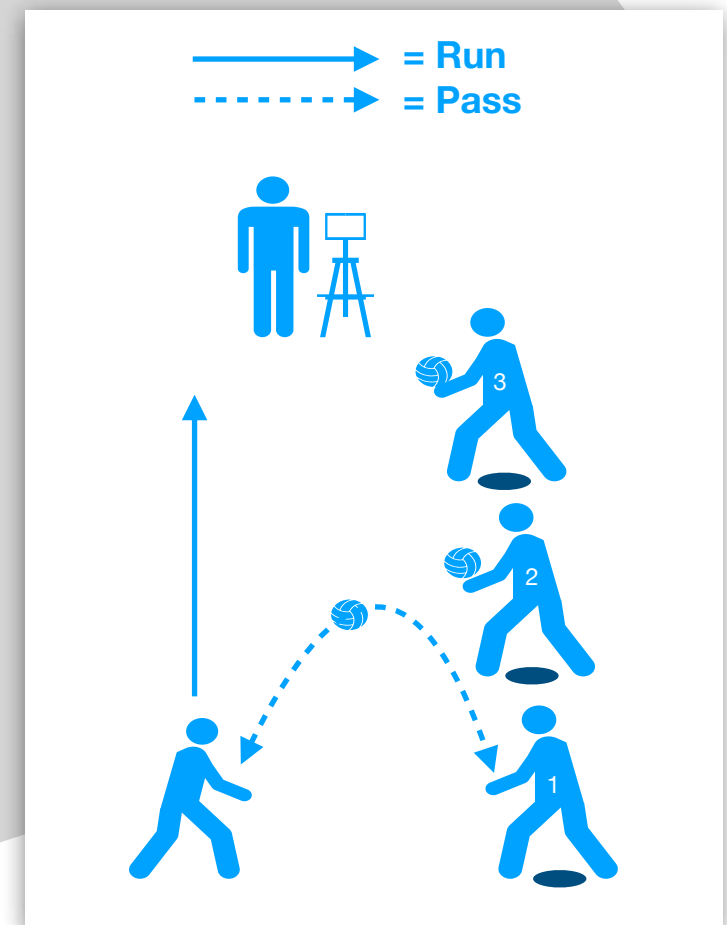
- Move to ball.
- Call, “Mine!”
- Forearm pass or set high. If lower than your chest, bump. If higher, set.

## Review at iPad

- As you watch yourself back on the iPad, what do you see?
  - Are you completing all the cues above?
  - Did you miss anything?

## Reflect

- What will you stop doing?
- What will you start doing?
- What will you continue doing?





# Video Delay Assessment Station

## Instructions:

- Scan the QR Code and watch the quick video of the skill you are to perform. When ready, move in front of the iPad and perform the skill.
- Once you have completed five reps of the skill, move to the other side of the iPad to view the screen. The screen is a “mirror on delay” set to 15 seconds.
- View the delayed recording of the skill.
- Reflection:
  - Did you complete the fundamental cues listed below as you performed it?



What zone are you in  
while performing this  
skill?

## Jumping Cues:

- ☐ Jumps low.
- ☐ Jumps as rope passes nose.
- ☐ Jumps one jump per turn.

## Landing Cues:

- ☐ Keeps knees bent.
- ☐ Lands on balls of feet.
- ☐ Keeps feet together.

## Turning Cues:

- ☐ Grips handles loosely.
- ☐ Keeps elbows close to body.
- ☐ Turns rope with wrists.



## **12 Heels (12 counts)**

**R** heel-tap, hop-change, **L** heel-tap. Do 6X (12 counts)



## **Chorus step (4 counts)**

Jump to straddle, jump to criss-cross, jump to straddle,  
jump together (4 counts)



## **Heel-toe-heel (12 counts)**

- Hop on L while R does heel-tap front, toe-tap at “home,” heel-tap front  
Then transfer all weight onto R foot (4 counts)
- Repeat with L foot (4 counts)
- Repeat with R foot once more (4 counts)



## **Kick the Can (12 counts)**

- Hop on L while R does kick to front, kick to side, then stomp “home” 2X (4 counts)
- Repeat with L foot (4 counts)
- Repeat on R side once more (4 counts)



# Apps & Programs Chart



= Apple Device



= Android Device



= Microsoft Device






= Chrome Browser





















= Can access via all browsers





= Sign up for an account

## Technology Tools

## Can access via...

Icon	Name	Description	Cost	Sign up for an account	App Download	Computer Download	Web-Based	Website
	Klikaklu	<b>Klikaklu Player - Scavenger and Treasure Hunts</b> is a photo hunt game that uses your phone's GPS, camera, and advanced image matching technology. It's a great way to quickly create and play treasure hunts and a great alternative to geocaching or QR Code scavenger hunts!	See website for pricing			--	--	<a href="http://www.klikaklu.com/">http://www.klikaklu.com/</a>
	Hudl Technique	<b>Hudl Technique</b> is a video analysis app available on iOS and android.	Free		 	--	--	<a href="http://www.hudl.com/products/technique">http://www.hudl.com/products/technique</a>
		<b>Vidalyze</b> is a game changing Video Analysis Tool designed exclusively for Schools. Vidalyze makes video analysis a realistic and scalable experience dealing with user management, video storage, teacher feedback and the assessment process. Never before has it been this easy to utilise the power of video within your classroom. It works 100% inside of your web browser meaning there is no complicated software to install and your students can use it on any device with an internet connection.	See website for pricing		--	--		<a href="https://www.vidalyze.com/">https://www.vidalyze.com/</a>
		<b>Kinovea</b> is a video player for all sport enthusiasts. Slow down, study and comment the technique of your athletes or of yourself. It is 100% free and open source.	Free	--	--	(Cannot download to a Chromebook)	--	<a href="http://www.kinovea.org/">http://www.kinovea.org/</a>
	LIVE Video Delay	<b>LIVE Video Delay</b> allows you to monitor live video on an adjustable delay of up to 10 minutes. Your students can get immediate feedback during your lessons and make your class more productive.	\$4.99	--		--	--	--
	Video Coach	<b>Video Coach</b> is a simple yet powerful real-time video analysis tool. Video coach helps you analyse and improve your sporting activities or the performance of your students or athletes if you are physical education teacher or coach.	Free download, license fee after trial	--		--	--	--
	Replay It	<b>Replay It - Sports Video Delay Tool</b> is the world's first Video Delay application made exclusively for Google Chrome. A simple yet powerful real-time video analysis tool that helps you analyse and improve your sporting activities or the performance of your students or athletes.	Free	--	--	--	 (Chrome Extension)	Access via the Chrome Web Store <a href="https://chrome.google.com/webstore/category/extensions">https://chrome.google.com/webstore/category/extensions</a>

	<b>Plickers</b>	<b>Plickers</b> is an app you can download to iOS and Android. You use your device to scan, but set up everything via computer.	Free			--		<a href="https://plickers.com">https://plickers.com</a>
	<b>I-Nigma</b>	<b>I-Nigma</b> is a QR Code Scanner app is fast and saves history.	Free	--		--	--	<a href="http://www.i-nigma.com/download-i-nigma-reader.html">http://www.i-nigma.com/download-i-nigma-reader.html</a>
	<b>Anatomy 4D</b>	<b>Anatomy 4D</b> transports students, teachers, medical professionals, and anyone who wants to learn about the body into an interactive 4D experience of human anatomy.	Free	--		--	--	<a href="http://anatomy4d.dagri.com/">http://anatomy4d.dagri.com/</a>
	<b>Blippar</b>	<b>Blippar</b> uses the most advanced mobile Augmented Reality. Blip objects you're curious about and unlock useful and entertaining content.	Free			--	(You create your blipps in the lab via your browser)	<a href="https://blippar.com/en/learn-more/blippar-for-education/">https://blippar.com/en/learn-more/blippar-for-education/</a>
	<b>Airserver</b>	<b>AirServer</b> is the most advanced screen mirroring software receiver for Mac, PC and Xbox One. It allows you to receive AirPlay, Google Cast and Miracast streams, similar to an Apple TV or a Chromecast device.	\$11.99 for educators	--	--	--	--	<a href="https://www.airserver.com/">https://www.airserver.com/</a>
	<b>Mirroring360</b>	<b>Mirroring360</b> lets you wirelessly share & record your Chromebook, iPad, iPhone, Android*, Windows, and Mac screens without the need for hardware or cables. Start sharing your work, your ideas, and your latest apps with Mirroring360.	\$14.99	--	 (Apple devices does not need an app)		 (If using a Chromebook you will want to install a Chrome Extension)	<a href="http://www.mirroring360.com/">http://www.mirroring360.com/</a>
	<b>Reflector 2</b>	<b>Reflector 2</b> lets students take a hands-on approach to their education. Reflector is a budget friendly, easy-to-use solution that makes sharing ideas and engaging students effortless. Untether from the desk or podium, and display your Chromebook, iOS™ or Android™ screens wirelessly from anywhere in the classroom. Reflector is helping to revolutionize the interactive classroom.	\$14.99	--	 (Can access Reflector Director and Reflector student via iOS)		--	<a href="http://www.airsquirls.com/reflector/">http://www.airsquirls.com/reflector/</a>
	<b>FIT Radio</b>	Spend time sweating, not making playlists with the App Store's No. 1 workout music app, <b>Fit Radio</b> , featuring new professional DJ mixes every day. It also includes an interval timer.	Free download, subscription pricing			--		<a href="http://www.fitradio.com/">http://www.fitradio.com/</a>
	<b>Tempo Magic</b>	<b>Tempo Magic</b> changes the BPM of your music! It lets you speed up or slow down the BPM (Beats Per Minute) of any song on your device without messing with the pitch. It won't ruin your favorite songs with high-pitched chipmunk lyrics or slowed down zombie vocals. Tempo Magic adjusts the music straight from your app - no lengthy uploads or importing required. Just pick your playlist and go.	\$5.99 on iOS, \$4.99 on Android	--		--	--	<a href="https://www.yesfitnessmusic.com/magic">https://www.yesfitnessmusic.com/magic</a>
	<b>Tempo SlowMo</b>	<b>Tempo SlowMo</b> allows you to changes the BPM of your music! It lets you speed up or slow down the BPM (Beats Per Minute) of any song on your device without messing with the pitch. It also allows you to import	Free	--		--	--	<a href="http://www.chord-detector.com/wordpress/apps/tempo-slowmo/">http://www.chord-detector.com/wordpress/apps/tempo-slowmo/</a>

		tracks from music library synced to device, change tempo while playing between 20% and 250% or original tempo, and more!						
	<b>Yes!GO</b>	<b>Yes!GO</b> flawlessly incorporates Tempo Magic Pro Pitching technologies and allows you to changes the BPM of your music! It lets you speed up or slow down the BPM (Beats Per Minute) of any song on your device without messing with the pitch. This app has custom pre-mixed songs for you to access for free from the device.	Free, can also pay for subscription to add more features	--		--	--	<a href="http://www.yesfitnessmusic.com/store/product_detail/YESGO-ALL">http://www.yesfitnessmusic.com/store/product_detail/YESGO-ALL</a>
	<b>Team Shake</b>	<b>Team Shake</b> is a grouping app that is totally worth spending the \$0.99!	\$0.99			--	--	<a href="http://www.rhine-o.com/i-phone-apps/team-shake">http://www.rhine-o.com/i-phone-apps/team-shake</a> /





ACTIVE. HEALTHY. HAPPY.

# Collaborative Notes

*Working together to capture the session one note at a time!*

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\*Basic notes and links have already been added. Feel free to add any new info you learn about!

## Slides:

- Ready to Go! <https://goo.gl/52FUP3>
- Shooting for the Stars <https://goo.gl/HvsR7R>

## Apps & Programs handout

- [bit.ly/techtoolsPE](http://bit.ly/techtoolsPE)

## Breakout EDU Digital

- How Many Steps? [bit.ly/techtoolsPE](http://bit.ly/techtoolsPE)
  - Teacher Instructional Page: <https://sites.google.com/view/techworkshop>
- Website: [breakoutedu.com/digital](http://breakoutedu.com/digital)

## Breakout EDU

- <http://www.breakoutedu.com/> code to access games is *showyourwork*
- Jorge Rodriguez created a superhero Breakout EDU game
  - <https://drive.google.com/file/d/0B7xnNH-lvCEPOVhzeTloVjlzLW8/view>

## Youtube Downloader

- Type ss between [www.ssyoutube.....](http://www.ssyoutube.....)

## Shortened Link websites

- **Bit.ly** <https://bitly.com>
- **Goo.gl** <https://goo.gl/>

## Chrome Extensions & Apps

- **Replay It** - Video Delay app for computer
- **ColorPick Eyedropper** - Allows you to choose exact colors
- **1 Click Timer**

## Instructional Tools

- **Canva** (free) - Poster/graphic making website & app <https://www.canva.com/>. Will need to sign up for an account.
- **Weebly** (free) - Use this tool to help you make your own website. Very user-friendly! Drag and drop! Sign up for an account and get started!



800 SPARK PE | [sparkpe.org](http://sparkpe.org) | [spark@sparkpe.org](mailto:spark@sparkpe.org) |



SportimeSPARK |



Sportime\_SPARK



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- **Calm** - Meditation website (free access for teachers) [www.calm.com/schools](http://www.calm.com/schools). Will need to sign up for an account.
- **Cosmic Kids** - Younger elementary yoga and meditation website with videos [www.cosmickids.com](http://www.cosmickids.com)
- **QR CODES**
  - I-nigma - best free app to scan QR Codes (iOs & Android)
  - [www.qrstuff.com](http://www.qrstuff.com) QR Code creator website
- **SworKit Kids App** (free) - Workouts you can put together and play for your students
- **Anatomy 4D App** (free) - bring the heart and body to life!
  - Heart Graphic - [http://daqri-sprout.s3.amazonaws.com/assets/targets/anatomy4d\\_heart-thumb-0b175131a79247a81d373994527deda6.jpg](http://daqri-sprout.s3.amazonaws.com/assets/targets/anatomy4d_heart-thumb-0b175131a79247a81d373994527deda6.jpg)
  - Body Graphic - [http://4.bp.blogspot.com/-N7XCbM4FJFU/U4vK2Q0\\_nCI/AAAAAAAAAXP0/ugNrTmr44a8/s1600/anatomy4d-body.png](http://4.bp.blogspot.com/-N7XCbM4FJFU/U4vK2Q0_nCI/AAAAAAAAAXP0/ugNrTmr44a8/s1600/anatomy4d-body.png)
- **GIFs** - create moving pictures
  - **GIPHY Cam** (Free) - Available on iOs & Android
  - **GIF Camera** (Free) - Available on Android Only
- **PicPlayPost** (Free) - Great tool to add in one or more images/gifs/etc to a picture

#### Assessment Tools

- **Plickers App & Website** (free) - Data collection tool at [www.plickers.com](http://www.plickers.com). Will need to sign up for an account. (iOs & Android)
  - Plagnets
    - Joey Feith's version <https://thephysicaleducator.com/2017/05/03/plickers-assessment-magnets/>
    - Ross Chakrien's version <https://drive.google.com/drive/folders/0BwVPoJaNCVqSSGINYmdnQ0JubGM>
    - Shared Google Drive Plagnets Folder (**FANTASTIC RESOURCE!!**) <https://drive.google.com/drive/u/1/folders/0B8rpXwUwOVHoaU5BcEpVTEE4RGs>
- **Live Video Delay App** (\$4.99) - (iOs & Android) mirror on delay app
- **Video Coach** (free to download & trial, then pay subscription) - (Android) Mirror on delay
- **Hudl Technique App** (Free) - video analysis app (iOs & Android)
- **Kinovea** (Free) - video analysis tool that you download onto your PC or Mac. [www.kinovea.org](http://www.kinovea.org)

#### Classroom Management Tools

- **Class Dojo App & Website** (Free) - (iOs & Android) Behaviour Management program. [www.classdojo.com](http://www.classdojo.com)
- **Airserver** (\$11.99 one time fee) - allows you to mirror your device to your computer. Download program onto your computer. Similar to Apple TV but cheaper. [www.airserver.com](http://www.airserver.com)



- **Fit Radio** (Free to DL, then subscription fee) - App (iOS & Android) and website. DJ created mixes, interval timer and pace tracker.
- Beat per minute apps
  - **Tempo Magic Pro** (\$4.99) - (iOS & Android) Use music from your device
  - **Yes! Go!** (Free) - (iOS & Android) Use DJ created mixes
  - **Tempo Slo Mo** (Free) - (iOS & Android)
- **Team Shake** (\$0.99) - (iOS & Android) makes teams by shaking the app.

#### Professional Development

- SPARKEcademy [www.sparkecademy.org](http://www.sparkecademy.org) - Sportime featuring SPARK's professional development platform
- Podcasts
  - The #PhysEd Podcast
  - The Global Voxcast
  - The Fundamental Movement
  - The #PEGeek Podcast
  - Run Your Life Podcast
  - SHAPE America Podcast
- #PhysEdSummit [www.physedagogy.com/physedsummit/](http://www.physedagogy.com/physedsummit/) FREE 24 hour online conference hosted on August 26 & 27th, 2017. All sessions can be viewed live or in the archive after the conference is over. You can register online today!
- Twitter [www.twitter.com](http://www.twitter.com)
  - Check out the [14 day Twitter Challenge](#) to get started.
- Voxer [www.voxerpe.com](http://www.voxerpe.com)





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