Working IT: Ways to Integrate Technology into Health & PE

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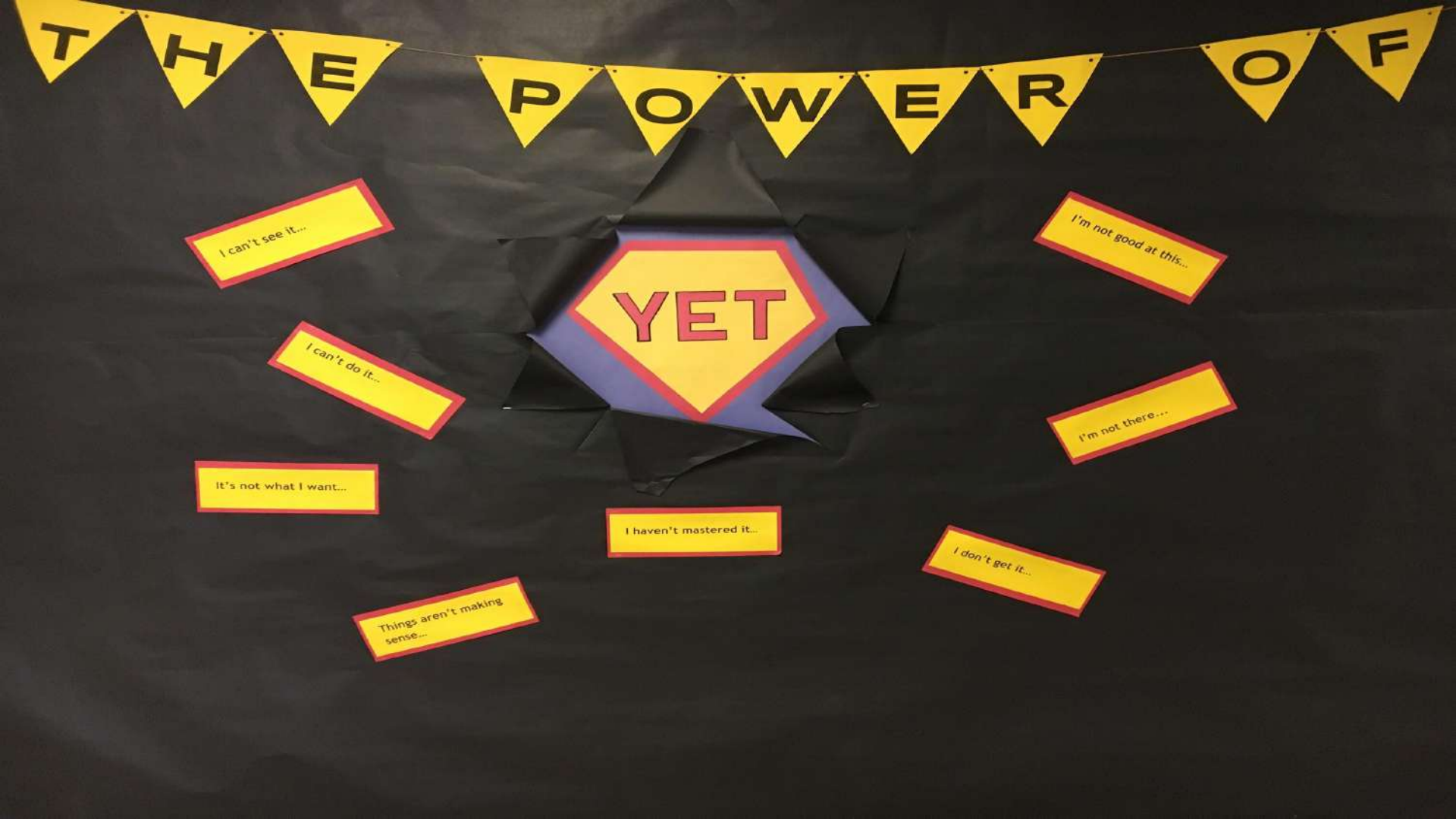
When was the last time you did something for the ***FIRST*** time?


THE POWER OF
YET
I can't see it...
I can't do it...
It's not what I want...
Things aren't making sense...
I haven't mastered it...
I don't get it...
I'm not there...
I'm not good at this...

- Explore technology options for Health & PE that enhance your school programs.
- Provide useful tools and resources to integrate into your classes.
- Put a technology twist on instruction, fitness, games, sport education, health education and assessments.
- Provide an opportunity for networking and sharing ideas amongst colleagues to continue to deliver quality physical education and health programs in our schools.

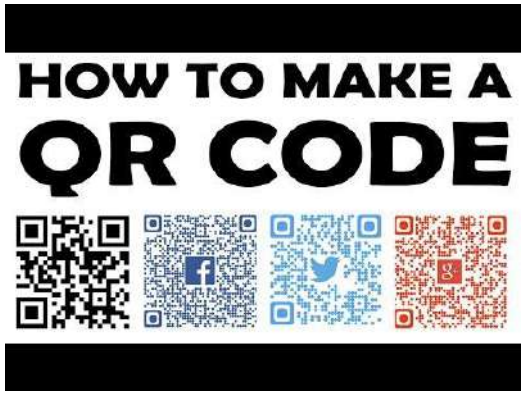
ACTIVITY: THIS OR THAT?

Make a choice and move to the side of the room that best represents YOU.

- Do you teach elementary or secondary level students?
- Primary role : Health or PE
- 1:1 TECHNOLOGY or LIMITED ACCESS (on a cart)
- Do you use technology WEEKLY or MONTHLY
- Technology : HELPFUL or FRUSTRATING
- Technology: ALL IN or Just Dipping My Toes IN
- Do you prefer PARCC or FITT?

TOOLS OF THE TRADE

Practical Use of QR Codes

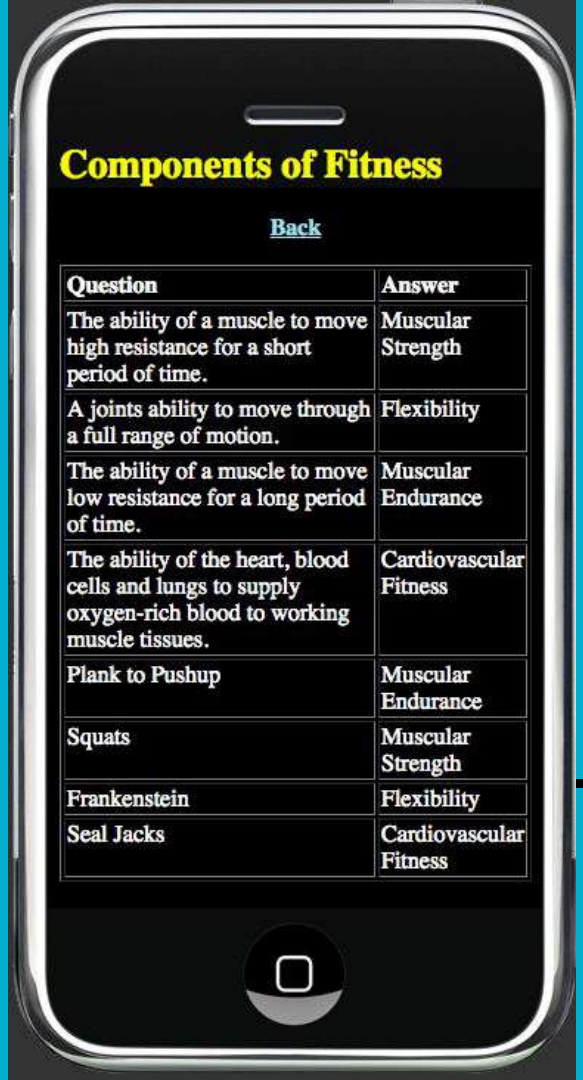


QR Stuff

- Treasure Hunt Activity
- Sample Worksheet

Volunteers??

- Does anyone have a QR reader APP on your device?
- Willing to download for activity- many FREE options in App Store. Ex: I-Nigma, NeoReader



View the questions! | Get the QR Code for each question!

Create a New Quiz | Edit this quiz | Contact

Teacher Notes

A. Prior to the lesson:

1. Arrange students into groups. Each group needs at least ONE person who has a mobile device (note: an internet connection will **not** be needed).

2. Ask students to

   - Download a QR reader (e.g. I-Nigma | NeoReader | Kaywa) onto their mobile devices
   - Bring these devices into the lesson.

3. Print off these QR codes for each of these quiz questions.

4. Cut them out and place them around your class / school.

B. The lesson:

1. Have the first ('introduction') QR code on display on your whiteboard.

2. Each team scans it into their device and gets told to start hunting around the school for the remaining QR codes.

3. Away they go! The winner is the first team to return with the most correct answers in the time available.

C. TIPS / OTHER IDEAS

1. Award teams ONE point for each question they successfully decode, and a further TWO points for each correct answer that they provide.

2. Students in each team that do not have access to a mobile device can be responsible for research answers / hunting down the other QR codes for their tea

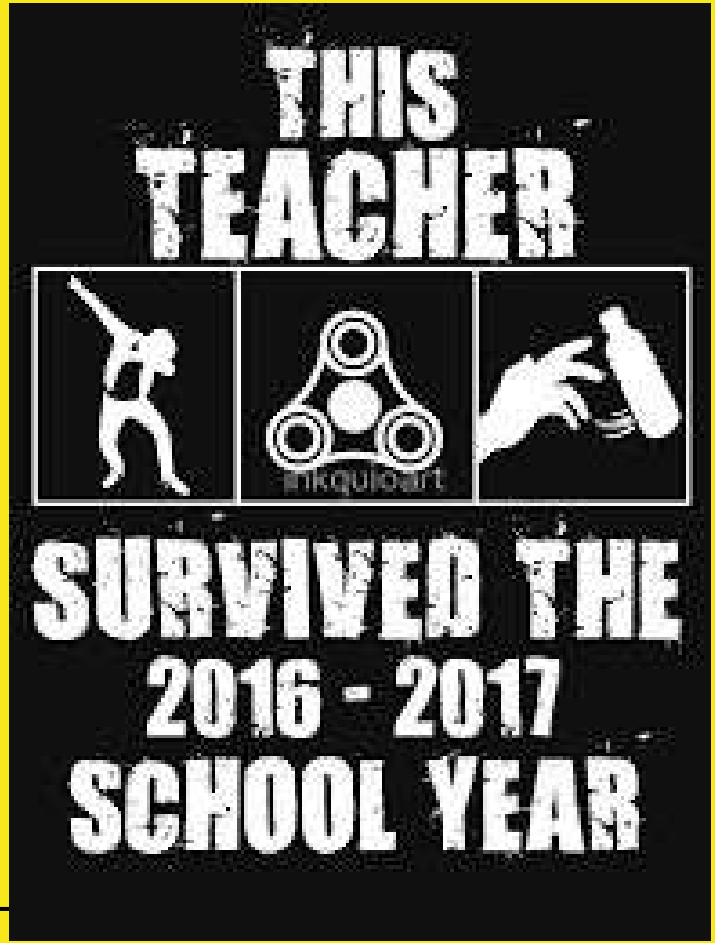
3. A detailed case study in how to set up a successful QR Scavenger Hunt using this tool can be found here.

QR Codes in Grade 8 Health

First Aid Scavenger Hunt

Go Noodle

- Access to brain energizers at the click of a button!



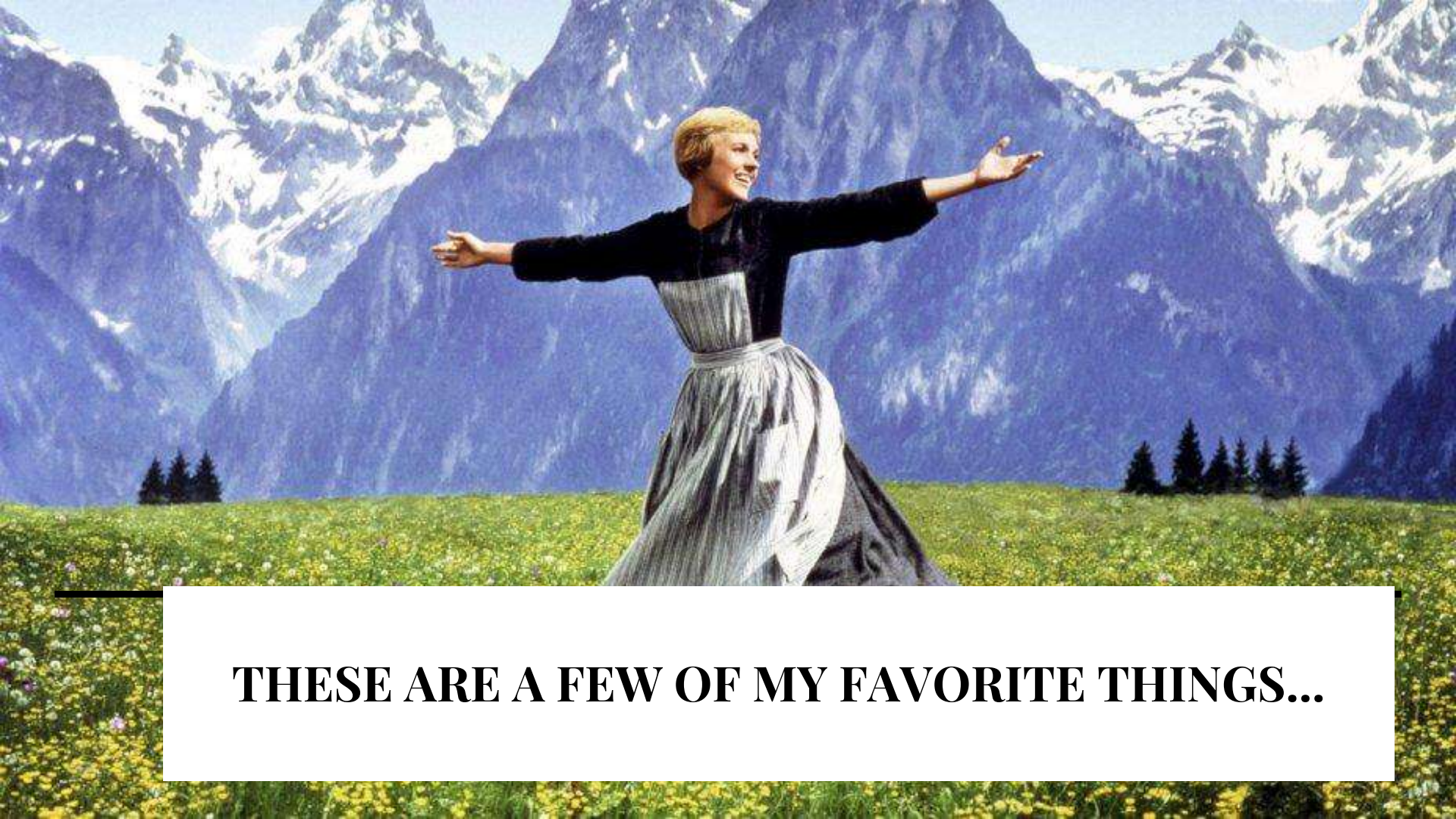
EDpuzzle

IDEAS ON HOW TO USE IT:

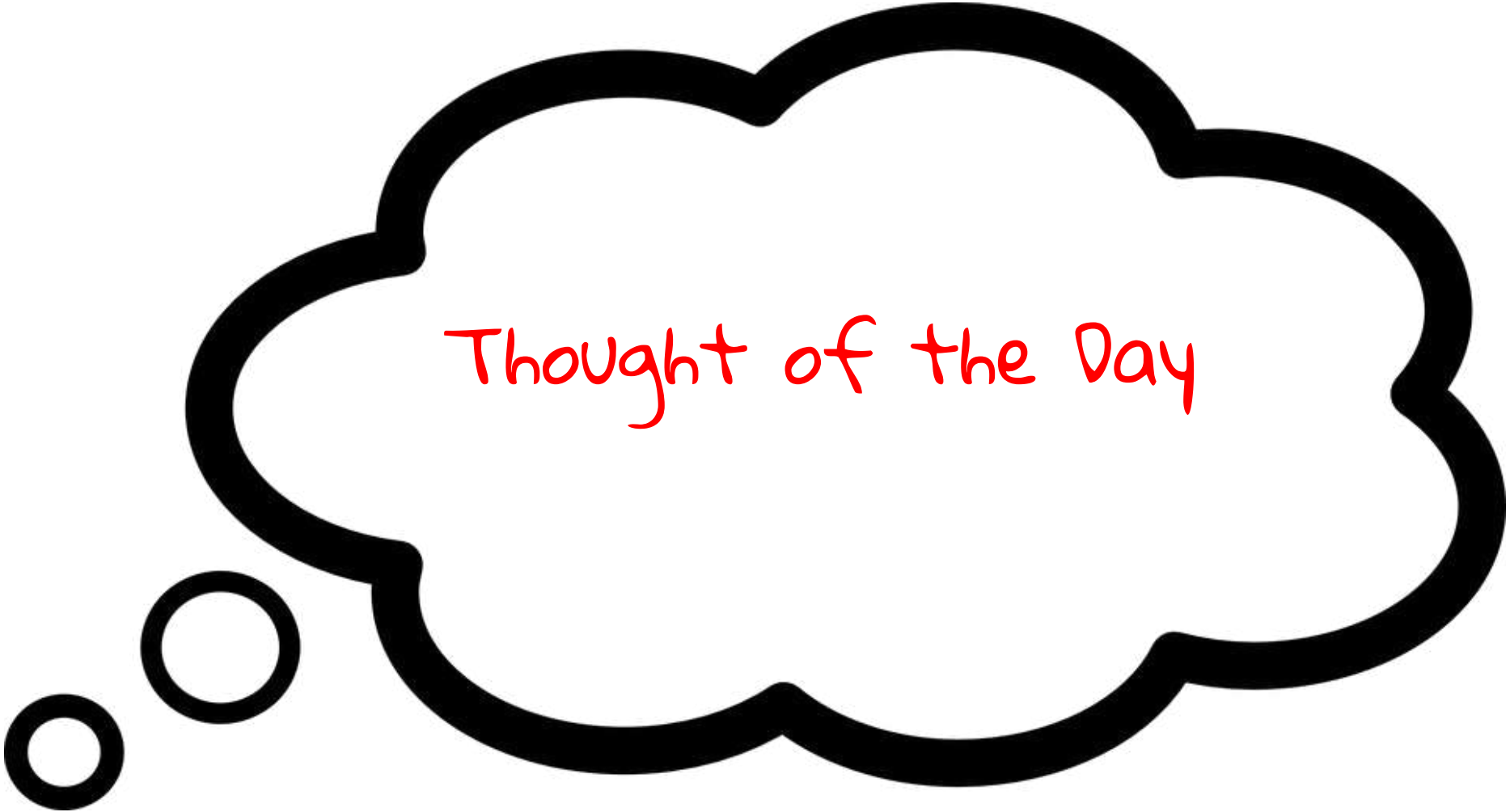
- Spark a Conversation
- Introduce a new concept
- Non-participatory students

PE Example: Pickleball

Health Video Lesson Example



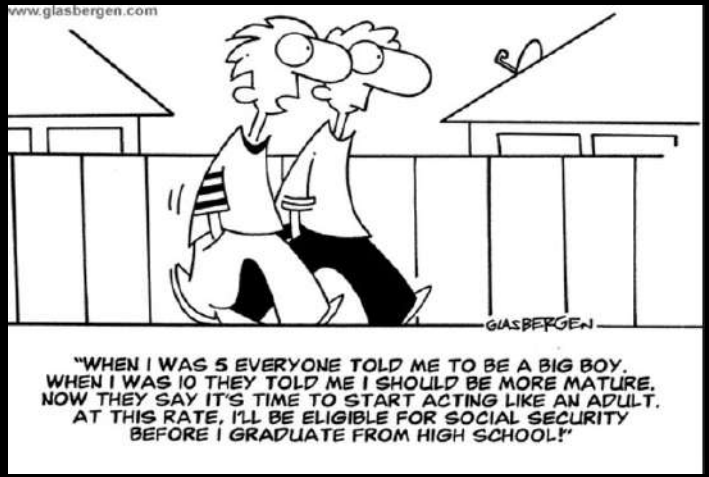
THESE ARE A FEW OF MY FAVORITE THINGS...


Thought of the Day

WHAT DO YOU THINK, JEREMY?
WOULD THIS BE ALL RIGHT TO WEAR?
SURE. WHY NOT?
IT'S NOT LIKE ANYBODY IS GOING TO LOOK AT YOU OR ANYTHING.
THE CURE FOR HIGH SELF ESTEEM IS ADOLESCENCE.
©Zits Partnership

I'M TIRED OF TEENAGERS BEING BLAMED FOR EVERY BAD THING THAT HAPPENS.
ANYTIME SOMETHING IS DAMAGED, LOST OR NEGLECTED, GUESS WHO GETS THE BLAME?
TEENAGERS?
INJUSTICE. THAT'S WHAT IT IS.

©Zits Partnership



POLL EVERYWHERE

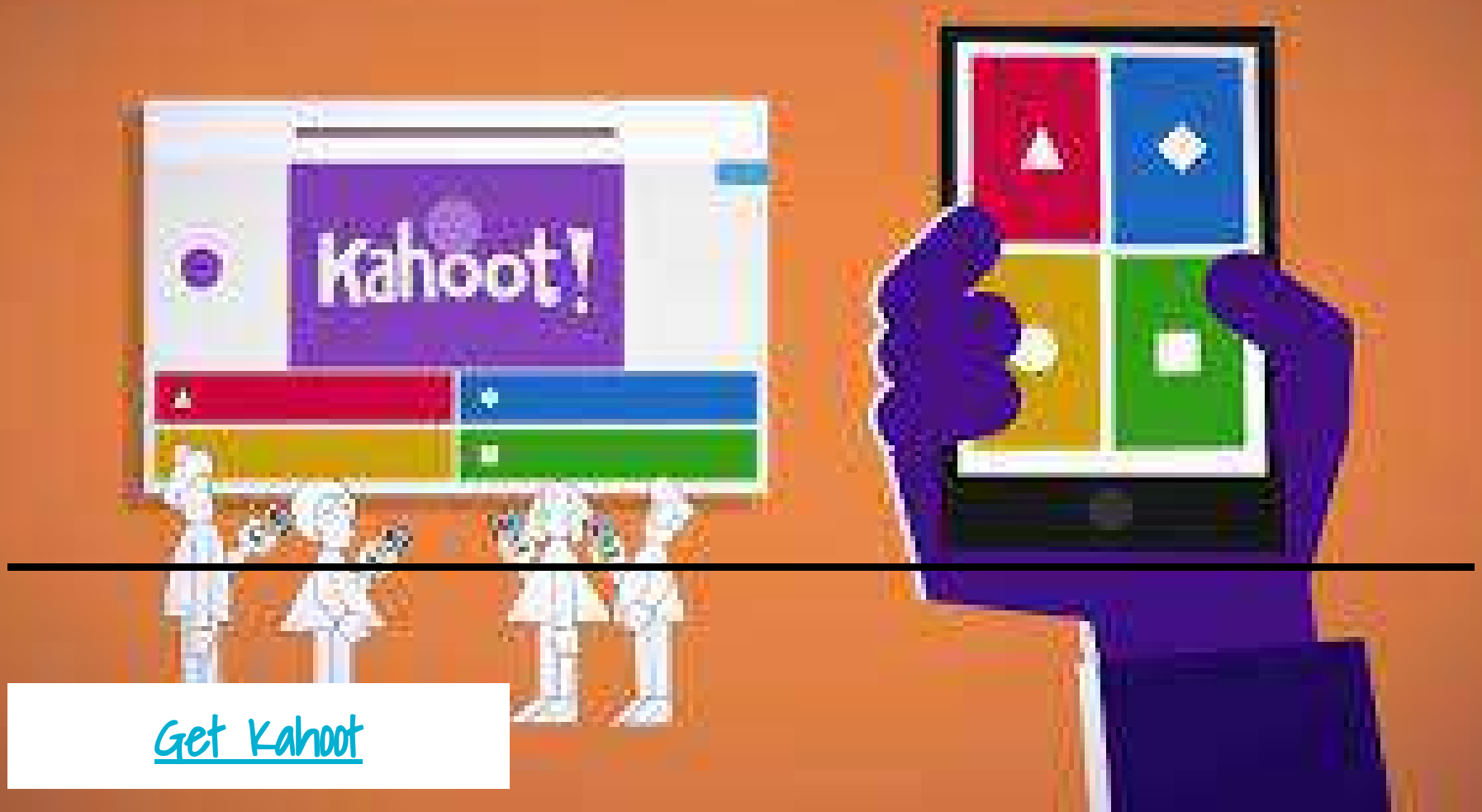
www.polleverywhere.com

Use of PV Website

What WORD best describes YOUR classroom?

oll Everywhere

Start the presentation to see live content. Still no live content? Install the app or get help at **PollEv.com/app**



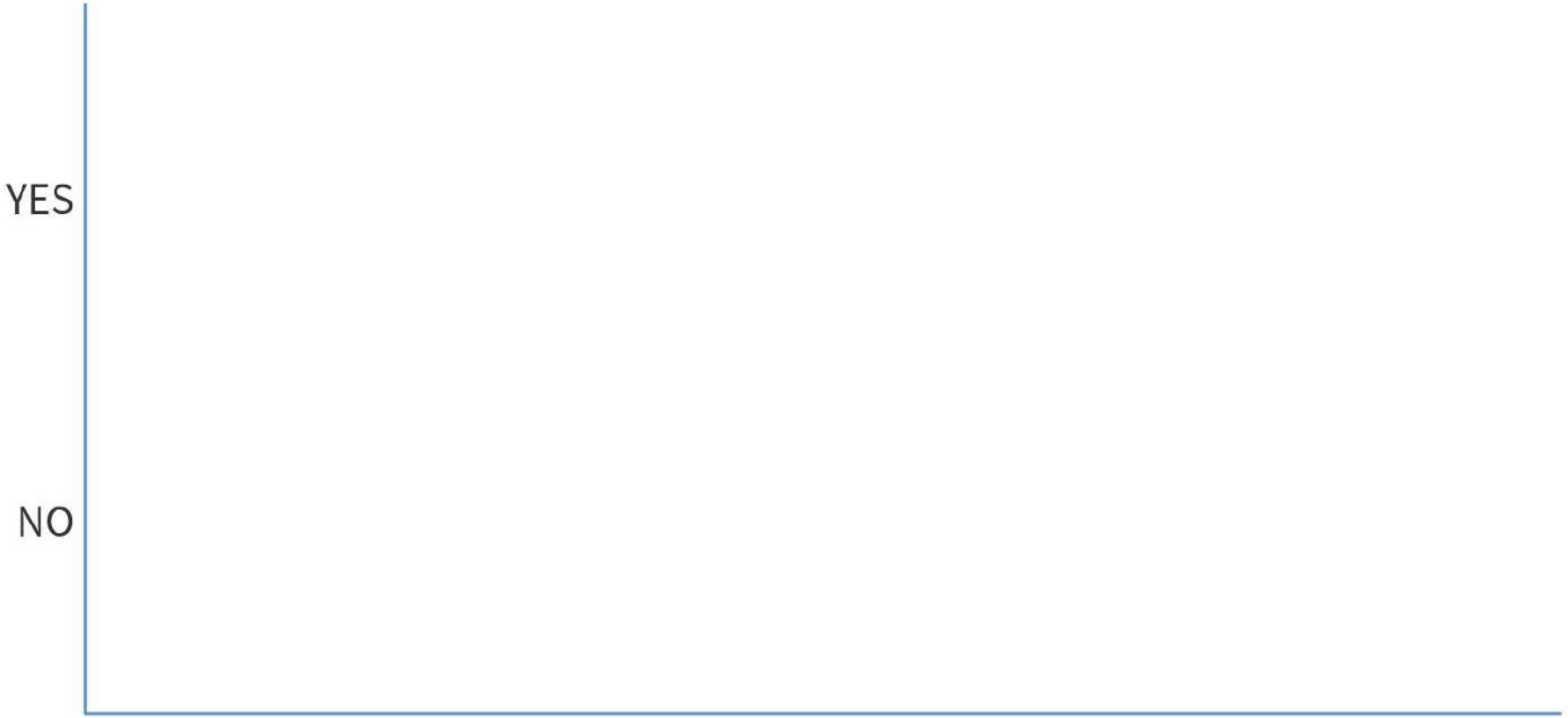
Get Kahoot

Speed Communication

The Handshake Game -
Let's get ready to mingle!

Google Drive

Do you currently use Google Classroom?



oll Everywhere

Start the presentation to see live content. Still no live content? Install the app or get help at **PollEv.com/app**

Google Classroom

- Phys Ed Summit Ideas on How to Use Google Forms in PE & Health

An Inside Look at the World of Google Classroom...

- NASP Range: Introduction & Access to Video Clip
- Archery Safety Test
- Peer Assessment
- Video & Picture Analysis

Video & Picture Feedback

Brain Energizer

GOT an APP for that?

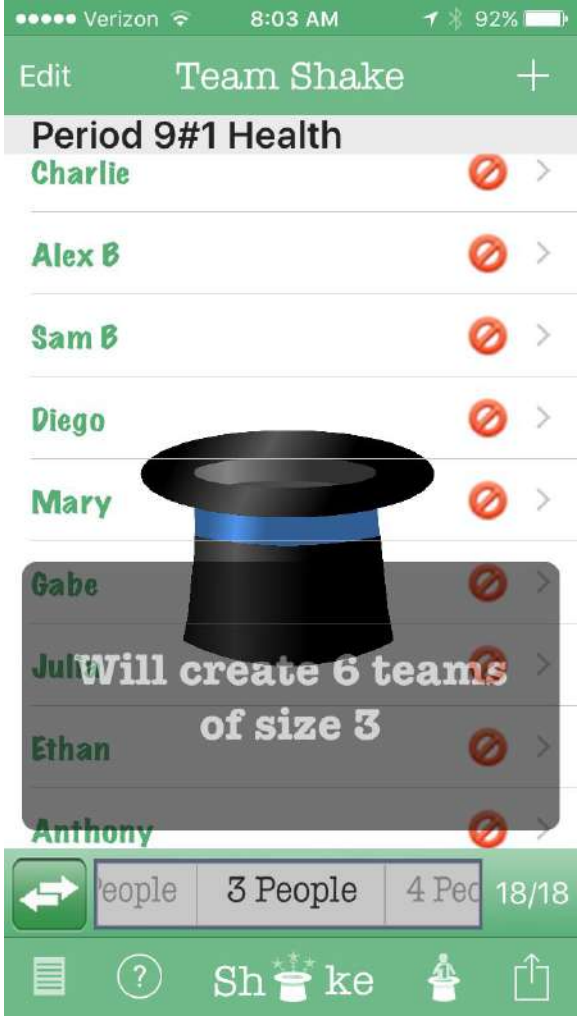
Team Shake App

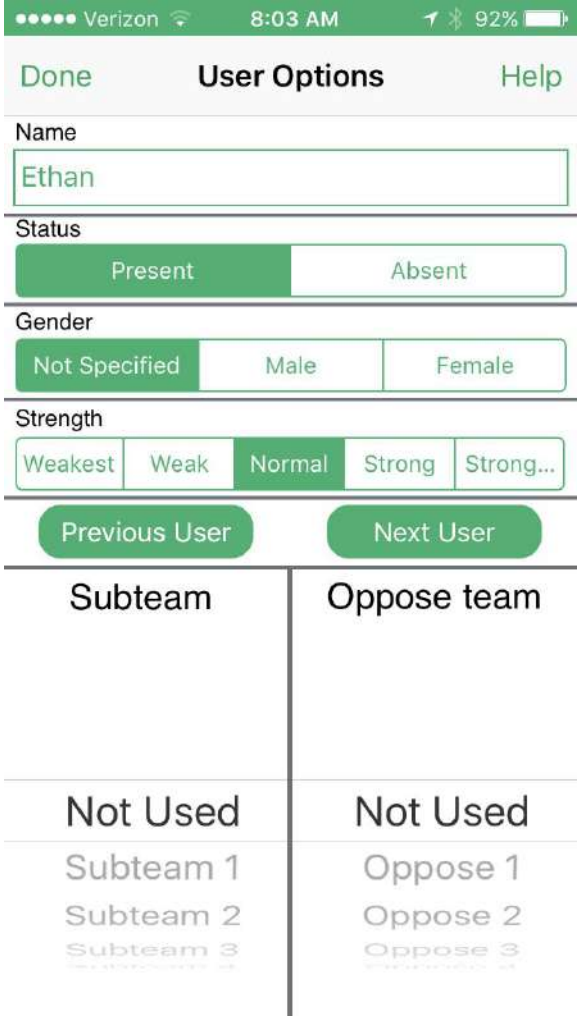
- Create Random Groups
- Create variety & diversity amongst students & groups
- Create groups by # of people or total # of groups
- Form Teams

Special Features Behind the Scenes:

**Arrange to NOT pair certain students together.*

Verizon 8:03 AM 92%
Teams
Team 1
Mary
Sebastian
Alex W
Team 2
Anthony
Gabe
John P
Team 3
Diego
Jayden
Sam W
Team 4
Ethan
Julia
Juli R
Team 5
Alex B
Sam B
Charlie
Team 6
Peyton
Nick R
Sarah
Done
Shake


Verizon 8:03 AM 92%
Edit
Team Shake
Period 9#1 Health
Charlie
Alex B
Sam B
Diego
Mary
Gabe
Julia
Ethan
Anthony
Will create 6 teams of size 3
People
3 People
4 Ped
18/18
Shake


Verizon 8:03 AM 92%
Done
User Options
Help
Name
Ethan
Status
Present
Absent
Gender
Not Specified
Male
Female
Strength
Weakest
Weak
Normal
Strong
Strong...
Previous User
Next User
Subteam
Oppose team
Not Used
Not Used
Subteam 1
Oppose 1
Subteam 2
Oppose 2

- Plank:Rock-Paper-Scissors
- Plank Race
- Race to 3

FITNESS App

WHAT CAN I USE IT FOR?

- **FITNESS:** Interval Training
- Stations
- Brain Energizers

**Similar Options: Tabata can be accessed for FREE on Spotify*

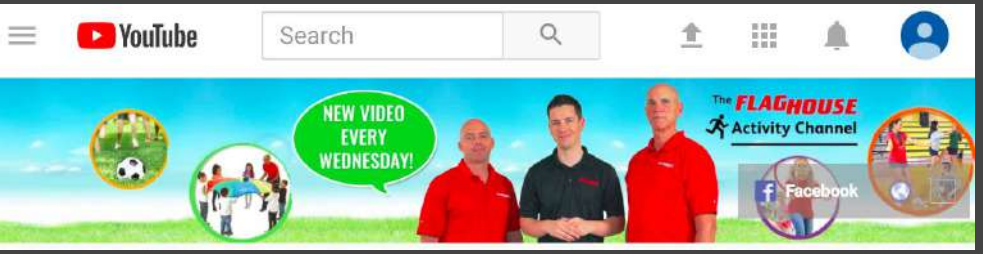
Simple and reliable

Listen to music while exercising

Easy to customize

PHYSICAL EDUCATION - NEW “FINDS!”

- Flaghouse Activity Channel



OPEN PhysEd Curriculum & Sample Lessons

TED TALK:
Amy Cuddy- “Your Body Language Shapes Who You Are”

Introduce a Concept & Strike Up a Conversation

ADVOCACY
FOR PE & HEALTH

- Quality vs. Quantity
- Do you teach physical education or GYM
- Quality PE or Recess
- Community Space vs. Teaching Space
- Common Core vs. PE Time

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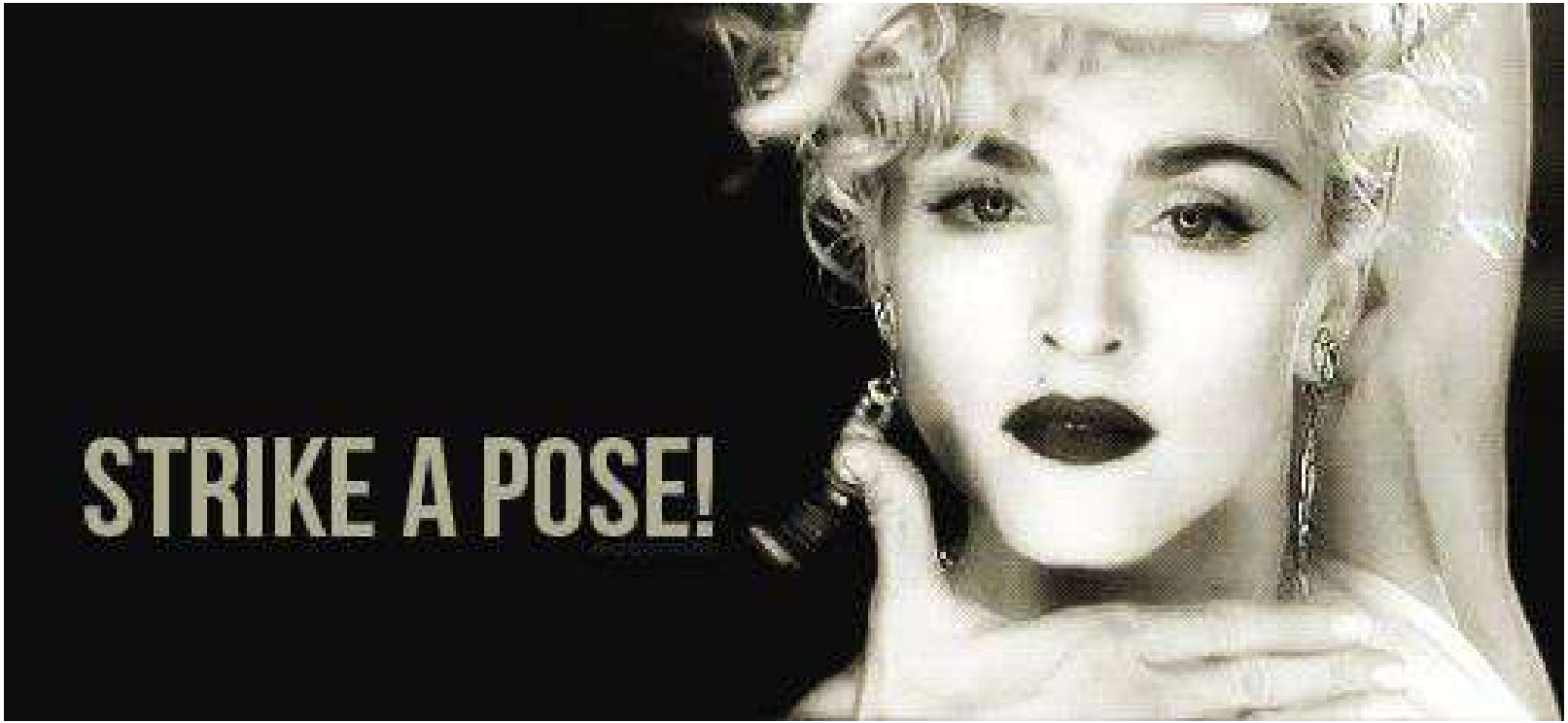
STRIKE A POSE!

WEBINARS & PODCASTS

PhysEdagogy

PhysEdagogy Itunes Podcasts - FREE

Shape America Webinars

SPARK Webinars

Action for Healthy Kids

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Episode 96 – iPads Vs Chromebooks in PhysED

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ASSESSMENT:

learning
curriculum
outcomes
assurance
standards
alignment
questions
success
communication
quantitative
assess
continuous
ability
teaching
university
student-centered
assessment
grow
growth
knowledge
value
results
thinking
writing
life-long
skills
close-the-loop
institutional
academics
effectiveness
qualitative
improvement
analysis
critical
learn
student

SAMPLE: Social Dance Unit

- Rubric
- Video Clip
- Self-Assessment
  - Summary of Responses
- Peer Assessment
- Formative Assessment
- Plickers

Let's Wrap It Up With...

YOUR INPUT MATTERS!

- Rotate to each station & add to poster paper resources that you are using and have found helpful.