

1:1 Presentation

Using Technology in PE and Athletics

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Overview

Heart Rate Monitors

Xbox 360 Kinect

Google Docs

Video

Social Media

Audio System

Ipad

It's an Ongoing Process...

- 2009-10 - 1st year at Earlham
 - Technology in PE was a CD Player in the corner
 - old tower PC
 - Tube TV on a cart to show videos
- 2011-12 - 1st year of 1:1
 - Applied for and Received \$5,000 PE4Life Grant in May
 - Focused on integrating Technology into PE
 - Heart Rate Monitors, Pedometers, Xbox 360, Audio System
- 2012-13
 - Trial and Error
- 2013-14
 - Much more successful, still more to do

Heart Rate Monitors

Physical Education

- Objective Data for Effort (Average Heart Rate)
- Constant Feedback for Students
- Health Connection
- Recordable [Data](#) using Google Spreadsheet

Athletics

- Track - Distance Runners staying within Target Heart Rate

Google Docs

Physical Education

- Heart Rate Data Recording
- [Fitness Testing](#)
- Knowledge [Assessments](#)

Athletics

- [Strength and Conditioning](#)
- [Track and Field](#)
- Practice Plan Collaboration

Video Tools

Physical Education

- Coach's Eye - Skill Feedback and Assessment
- Youtube - Examples of Sports, Skills
- iMovie - [Highlight Reel](#) for a Unit

Athletics

- Coach's Eye - Technique and Form Breakdown
- [Hudl](#) - Athletic Film Sharing and Scouting System
- High School Cube (NEW!) - Free Live Streaming of Events
- [Jing](#) - Screencast Strength and Conditioning program walk-through for athletes

Social Media

Blog - www.earlhampe.weebly.com

Twitter - @earlhamstrength, @coachjohnson40

Front Row Audio System

Physical Education

- Microphone and Music from same system.
- Ability to continue to play music while giving directions.
- Use at Field Days



Ipad

- Daily Attendance and Participation
- PE Apps
 - Team Shake
 - Scoreboard
 - Stopwatch
 - Pandora

Xbox 360 Kinect

Physical Education

- Just Dance
 - Before School Exercise Program
 - Rhythms Unit
- Stations
 - Kinect Sports

Tips for Success

- **Start Small and Simple**
 - Utilize currently available technology
 - Start with something you are familiar with
- **Take your time**
 - Create a plan for integrating technology
 - Patience
- **Reflect and Assess**
 - Students and Athletes response to technology
 - Identify areas of strength and areas of improvement

Questions?

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