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| **Physical Education (PE) Apps for Teachers** |

Taken from: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/> (Oct 5, 2015)

Today, more and more teachers are looking for ways to integrate their smart phones and iPads (and other tablets) with their physical education and health courses. Below is a list of apps that we’ve found helpful for Physical Educators.

[**Click Here**](https://vimeo.com/40687658) to view a recording of our webinar, **Apps for PE Teachers: “Don’t be a Sap, Know Your Apps!”.** The webinar goes into more detail of how each app can be used in the classroom to engage students and maximize outcomes. 

**Coach’s Eye**

* Videos students performing a skill. Then, play it back in slow-mo, backward, or frame by frame. You can draw and record a playback with verbal comments. Overall, a really great app for skill assessment allowing instant feedback for students. **-** [Link](http://itunes.apple.com/us/app/coachs-eye/id472006138?mt=8)

**Team Shake**

* Team Shake is the technological and environmentally friendly way to choose teams. Instead of a hat and scraps of paper, the user enters his friends’ names in his iPhone and gives it a shake. The screen will then display a random set of color-coded teams. These teams can immediately be used for game play or saved via email. Team Shake is great for making teams for board games and sporting events. It’s also a very useful tool for teachers who need to create groups for projects! – [Link](http://itunes.apple.com/us/app/team-shake/id390812953?mt=8)

**StopWatch**

* This stopwatch shows time on a digital display as well as on an analog clock face. The analog clock face is easy to collect information from during timing of a physical activity task or test. After the timing has finished, it is most convenient to read the precise time from the digital display. -[Link](http://itunes.apple.com/us/app/stopwatch-analog%2Bdigital/id383907758?mt=8)

**Giant Scoreboard**

* A generic scoreboard, featuring: Timer/Countdown (editable); Team names (editable); Giant digits, visible from 50ft; Fits any sport; Simple, accurate and reliable. [-Link](http://itunes.apple.com/us/app/giant-scoreboard/id366681437?mt=8)

**Nutrition Tips**

* This app gives you hundreds of interesting and useful nutrition tips and nutritional health facts — concisely written for quick and easy review.
* Referenced from Nutrition.gov, USDA.gov, and the Food and Nutrition Information Center, some of the most prominent leaders in food & human nutrition information! -[Link](http://itunes.apple.com/us/app/nutrition-tips/id325760608?mt=8)

**Pocket First Aid & CPR from the American Heart Association**

* Pocket First Aid & CPR from the American Heart Association helps save a life in Haiti. Read the incredible story of Dan Woolley, who survived 65 hours under rubble using this application. As seen on CNN, NBC Nightly News, Fox News, London Daily Mail, NPR, and many more. – [Link](http://itunes.apple.com/us/app/pocket-first-aid-cpr-from/id294351164?mt=8)

**iFitness HD**

* An exercise companion app. Provides over 330 exercise images and full text descriptions. Allows tracking of progress for multiple users. Users create customized workouts. **–** [Link](http://itunes.apple.com/us/app/ifitness-hd/id382043690?mt=8)

**Pocket Body**

* A fully searchable interactive atlas of the human body. **–** [Link](http://itunes.apple.com/us/app/pocket-body-musculoskeletal/id388633565?mt=8)

**Pocket Heart (iPad App)**

* Interactive educational App to show how the human heart works in 3D. A great learning tool for cardiac anatomy and physiology. **–** [Link](http://itunes.apple.com/us/app/pocket-heart-by-pocket-anatomy/id384060873?mt=8)

**Teacher’s Assistant**

* Teachers can keep track of student actions, behavior, infractions, and achievements in the classroom. This improves communicate quickly and easily with parents and administrators by documenting student classroom habits and behaviors and sending reports via email or making a call right from an iPhone. -[Link](http://itunes.apple.com/us/app/teachers-assistant-lite-track/id399265769?mt=8)

**Easy Assessment**

* Easy Assessment is the app teachers, trainers and coaches have been waiting for. A simple way to capture and assess performance in any context or situation. Experience a new level of efficiency. -[Link](http://itunes.apple.com/us/app/easy-assessment/id489279817?mt=8)

**Timer Tools**

* You get a suite of timers that are super easy to use. Timers include: Countdown, Stop Watch, Turn Timer, Seconds Up, Seconds Down, and Interval Timer. Access and set any timer with just a few clicks. -[Link](http://itunes.apple.com/us/app/timertools/id437232213?mt=8)

**Teacher’s Roll Call**

* Teacher’s Roll Call helps classroom instructors at any level track student attendance. The app is designed to make data entry and management quick and efficient so you have more time to focus on actual teaching. -[Link](http://itunes.apple.com/us/app/teachers-roll-call/id387716697?mt=8)

**Class Cards**

* After entering the names of your students  this app will display a randomly generated list of students.  The list will not only show you the name of the student to call upon but will also show the names of the next four students to call upon. -[Link](http://itunes.apple.com/us/app/id393796683?mt=8%20Class%20Cards)

**Bracketmaker**

* This is a great portable program to help you create brackets for tournaments. Able to customize team names for up to 32 teams. -[Link](http://itunes.apple.com/us/app/bracket-maker-for-the-ipad/id432514533?mt=8)

**MusicWorkout**

* A unique interval timer that utilizes your music to inform you when it’s time to rest and time to work. Perfect for teachers, coaches, trainers and those looking to improve their fitness. Simply set the work and rest duration, along with the number of sets to begin your workout. -[Link](http://itunes.apple.com/us/app/musicworkout-unique-interval/id498866442?mt=8)

**Numbers**

* Numbers is the spreadsheet application for iPad. This App is needed to utilize SPARK iPad Rubrics. -[Link](http://itunes.apple.com/us/app/numbers/id361304891?mt=8)

**Educareations**

* Educreations turns your iPad into a recordable whiteboard. Diagram a sports plays through voice recording, realistic digital ink, photo imports, and simple sharing through email, Facebook or Twitter. -[Link](http://itunes.apple.com/us/app/educreations-interactive-whiteboard/id478617061?mt=8)

**Fotobabble**

* Fotobabble lets you capture moments in real-time and share with your audience via email, Facebook or Twitter. Fotobabble is faster than video, easier than typing, and more engaging descriptive than sending a picture alone. -[Link](http://itunes.apple.com/us/app/fotobabble/id353078443?mt=8)

**Snap Guide**

* Snapguide is a simple way to share and view step-by-step how to guides. Students can show skill progression or demonstrate the rules of a game by creating their own guides and share through email, Twitter, Facebook and more. -[Link](http://itunes.apple.com/us/app/snapguide/id421477397?mt=8)

**Whiteboard VGA**

* Whiteboard offers real-time collaborative teaching tool. Connect with any iPad, iPhone, iPod touch, or Mac over Wi-Fi, to draw pictures and customize a demonstration.  Allows you to import your own pictures to display. -[Link](http://itunes.apple.com/us/app/whiteboard-hd-internet-collaboration/id364739445?mt=8)

**Beep Test**

* The beep test (also known as the pacer test and shuttle run test) is a standard fitness test used by professionals to test cardiovascular fitness. The beep test involves running back and forth between two markers  at an increasing pace as indicated by audio beeps. Your fitness level will then be calculated based on how long you can keep the pace. -[Link](http://itunes.apple.com/au/app/beep-test-free/id428100189?mt=8)

**Cardiograph**

* Cardiograph is an application, which measures your heart rate. You can save your results for future reference, and even keep track of multiple people with individual profiles. -[Link](http://itunes.apple.com/us/app/cardiograph/id441079429?mt=8)

**FitnessHD**

* This app provides tools for teachers and students to improve their health by tracking their progress through the calorie counter and body tracker as well as view diagrams and videos of exercises and workouts. -[Link](http://itunes.apple.com/us/app/fitness-hd-700-exercises-yoga/id390410487?mt=8)

**Pedometer**

* Pedometer will work as you walk, run, jog or do your treadmill. The special algorithm – the same as used in hardware pedometers – is implemented in the application. -[Link](http://itunes.apple.com/us/app/pedometer-free/id362306160?mt=8)

**Coin Toss**

* Simulates a coin toss by sliding your finger from the bottom to the top, and watching the coin spin and decide your fate. -[Link](http://itunes.apple.com/us/app/cointoss/id287965865?mt=8)

- See more at: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.LIhFpUsE.dpuf>

The Best Apps for Keeping Kids Active

It’s safe to say that the world around us is becoming increasingly mobile and tech-oriented. People of every age are falling in love with their smartphones, tablets, and laptops, which can result in a more lethargic lifestyle and shortened attention spans. Having a healthy approach to life prevents your children from packing on the pounds during adolescence and also gives them the tools they need to set up a life of choices catered to their enhanced wellbeing.

According to a study published by the New England Journal of Medicine, the fate of a child’s weight can be determined by the time they turn five. We all know that raising a healthy child is important, but that task can become more trying when you can’t pry them away from their smartphones. Perhaps the best way to deal with the issue is to use technology to your advantage. Although too much screen time can be unhealthy for your children, innovative new concepts are emerging to help parents prompt their kids into physical activity. Health, nutrition, and fitness applications provide an education into how the body works, what makes it run better, and more, while feeding your child’s technology addiction. Following are some of our favorite apps for keeping kids active.

**Super Stretch Yoga HD**

Super Stretch Yoga HD is a free application for the Apple iPad that works to teach children fun and easy yoga moves that they can try out themselves. Instead of simply watching cartoons on their iPad, your child can start trying out poses modeled by children of their own age, letting them stretch out their limbs and show off their skills. The application includes a total of twelve different yoga poses for your child to perfect, each with its own description and accompanying video. Yoga is a great hobby to get your child interested in physical wellbeing and fitness. Not only does it improve strength and flexibility, but it’s also likely to be something that they continue to enjoy as they grow to later life. The videos included with this application offer reassurance to keep beginners trying time and after time, as well as advice on the best time of day to try out certain poses. You can even play the videos on your television with an Apple TV.

**Strava**

Are you the kind of parent that regularly walks their child to school or goes for small adventures on the weekend? Strava is an application that allows you to map your walks, bike rides, and hikes and time each journey, so you can show your children how much they’ve accomplished in a certain scope of time. Typically, this application doesn’t market directly to children, but it is a great way to make walking to school and traveling to new places more fun. The further you go and the more you do, the more of an excuse your child has to be proud of themselves. You even get little notifications when you create a new personal best in your time, allowing you and your little one to celebrate each milestone together.

**Iron Kids**

Iron Kids is an application lovingly developed by the American Academy of Pediatrics to help children eight years and up get more exercise as they grow. In 2013, the Iron Kids application won it’s very own Web Health Award for providing young athletes with everything they need to safely and effectively improve their fitness, balance, and strength. The app centers around nine exercises that involve the lower body, upper body, and core. Videos are included to help your kids understand how they can do the exercises and how those exercises benefit them.

**Smash Your Food HD**

An interactive and informative game intended to teach your children important real-life skills, such as how to read nutrition labels and what they should be eating, Smash Your Food HD is an impressive application for kids. Your child will enter their age and how much exercise they regularly get so that the app can calculate how much salt, sugar, and oil they should be consuming. With the nutritional labels given for common fast foods as a guide, your kids will then need to estimate how much oil, sugar and salt is in each item. After they’ve submitted their answers, they’ll be able to find out whether the food they’re looking at is healthy for them. Finally, your young ones will get the opportunity to smash the food to pieces, watching a can of soda rip apart or a jelly donut burst!

**Fitness Kids**

Fitness Kids is an application designed by experts in the fields of pedagogy, physical education, and health. Packed with interesting exercises for children between the ages of 6 and eight, this app teaches children each movement through the use of colorful, engaging videos. What makes Fitness Kids a little different from other applications is that it offers funky music and colorful backgrounds for a stimulating experience, and the exercises themselves are fun to do. Your kids will keep coming back for more as they figure out their favorite movements, such as the Conga or the Crab. Your children can also engage in competition with their friends, and their skill levels will improve as they continue to progress.

**Keep Moving!**

Getting your child to give up on technology might be an impossible task, but using that technology to your advantage could provide a safe and easy way to invest in their health. Think about how much time your child currently spends in front of a computer screen and ask yourself if you’d feel better knowing that they were playing a game designed to get them learning and moving. The earlier your child starts to get in shape, the more chance they have of reducing their risk of certain illnesses. Kids who are frequently active experience: A lower chance of becoming overweight Stronger bones and muscles Reduced risk of type 2 diabetes Potentially lower cholesterol and blood pressure levels Leaner physiques Improved confidence On top of this, the more active a child is, the better he or she will sleep, deal with emotional challenges, and manage physical strain. Let us know if you’ve discovered any great applications tailored to children that get your young ones moving more often.

**Resources:**

<http://www.huffingtonpost.com/brad-spirrison/kids-health-fitness-apps_b_3580013.html>

<http://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>

<http://www.pcadvisor.co.uk/features/digital-home/3520917/how-much-screen-time-is-healthy-for-children/>

http://www.naturalnews.com/043761\_weight\_fate\_childhood\_obesity\_healthy\_eating.html

<https://itunes.apple.com/us/app/super-stretch-yoga-hd/id456108738?mt=8>

<http://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

<http://www.strava.com/>

<https://itunes.apple.com/gb/app/iron-kids/id552037626?mt=8>

<http://www.foodnme.com/smash-your-food/>

https://itunes.apple.com/us/app/fitnesskids/id534467673?mt=8 –

See more at:

<http://www.sparkpe.org/blog/the-best-apps-for-keeping-kids-active/#sthash.BgCweUs6.dpuf>

# The 5 best iPad apps for PE teachers

Taken from: <http://www.techwithintent.com/2012/05/the-5-best-ipad-apps-for-pe-teachers/>

(Oct 5 , 2015)

By [*Jac de Haan*](http://www.techwithintent.com/author/admin/) On May 31, 2012 · [*3 Comments*](http://www.techwithintent.com/2012/05/the-5-best-ipad-apps-for-pe-teachers/#wp-comments) · In [*resources*](http://www.techwithintent.com/topics/resources/)

[Chuck Milsap](http://www.techwithintent.com/2012/05/chuck-milsap/), Washington State’s 2011 [Elementary Physical Education Teacher of the Year](http://www.phinneywood.com/2011/10/19/bagley-elementarys-chuck-milsap-wins-pe-teacher-of-the-year-award/), shares his top 5 apps for PE teachers:

There are thousands of Physical Education-related apps to load on your iPad. My general belief is that the best apps are ones that can be customized to work for your specific student population. The following are 5 apps that I have found helpful in a variety of ways:

[ChoiceBoard Creator](http://itunes.apple.com/us/app/choiceboard-creator/id453988580?mt=8) (free): This app allows you to customize your own collection of picture choices for kids. Customize up to 6 pictures per screen and add sound effects. This app works great for choice time, teaching skill progression with pictures, communication with students with special needs and for customizing your own student assessments.

[Show Me](http://itunes.apple.com/us/app/showme-interactive-whiteboard/id445066279?mt=8) (free): This free app features an interactive white board that allows you to record your voice while you create images. You can even draw over any backdrop (a picture of your playground, gym, etc…). Simply save your creations and replay for your students when needed. This works perfectly for modeling games and more.

[Labelbox](http://itunes.apple.com/us/app/labelbox/id417694704?mt=8) (free): Use this app to quickly project an image with text. This works especially well as a warm up board when your kids enter the gym or to quickly highlight a specific skill, behavior, etc using pictures and text.

[TempoPerfect](http://itunes.apple.com/us/app/tempoperfect/id377320019?mt=8) (free): At first I thought this app wouldn’t be very exciting. I was wrong! This app allows you to set a tempo according to beats per minute (metronome). This works great for teaching kids about the heart, including what your heart rate sounds like at 60 BPM versus 200 BPM. Also, students can try to step to the pace of the tempo. This will allow your students to maximize steps per minute as you steadily increase the tempo.

[SecondsPro](http://itunes.apple.com/us/app/seconds-pro-interval-timer/id363978811?mt=8) ($2.99): This is the best timer app that I have seen so far. Create your own interval workouts, complete with customizable color backgrounds and song selection. Students will appreciate the large timer display and an occasional rest interval between exercise sets.

### [USING IPADS IN PHYSICAL EDUCATION: THERE IS AN APP FOR THAT!](http://www.pelinks4u.org/articles/lleightNichols_1011.htm)

written by Joanne M. Leight and Randall Nichols, Associate Professors, Slippery Rock University

<http://www.pelinks4u.org/articles/lleightNichols_1011.htm>

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| http://www.pelinks4u.org/articles/images/nichols_1011.jpg |
| http://www.pelinks4u.org/articles/images/Leight_1011.jpg |

**INTRODUCTION**

When Apple developed the iPad, educators everywhere started to find ways to use them in the classroom. Tablet computers, like the IPad, are quickly replacing the laptop as the technology of choice for teachers and students. Why? It is lighter (1.5 lbs), more portable, and has thousands of applications that can make your life easier both in and out of the classroom.

The iPad first came onto the scene in April 2010, and sold 3 million devices in the first 80 days. The iPad was so popular that now the iPad 2 is available with a few changes from the original model, including a camera (front and rear facing). Since then many schools have embraced the iPad, and have been working to discover ways to incorporate the device into the classroom.

The iPad is a wonderful tool for using in the physical education environment, as we will detail in this article. Just to note, there are other tablet computers available on the market that may meet your needs. For example, [Motorola Xoom](http://www.motorola.com/Consumers/US-EN/Consumer-Product-and-Services/Tablets/MOTOROLA-XOOM-with-WiFi-US-EN), [Samsung Galaxy Tab](http://www.samsung.com/us/mobile/galaxy-tab), [Blackberry Playbook](http://us.blackberry.com/playbook-tablet/), [Acer Iconia Tab A500](http://www.amazon.com/Acer-A500-10S16u-10-1-Inch-Computer-Aluminum/dp/B004XZL980),[ASUS Eee Pad Transformer](http://www.anandtech.com/show/4277/asus-eee-pad-transformer-review), [Toshiba Thrive](http://us.toshiba.com/tablets/thrive/10-inch/), [H.P. Slate](http://shopping1.hp.com/is-bin/INTERSHOP.enfinity/WFS/WW-USSMBPublicStore-Site/en_US/-/USD/ViewProductDetail-Start?ProductUUID=84UQ7EN5jvoAAAEtbbJVIOIv&CatalogCategoryID=iugQ7habYEAAAAEvKwJKiY4p&JumpTo=OfferList&k_clickid=AMS|0eb790b9-e557-a208-8a2b-00001c012021), and [Dell Streak](http://www.dell.com/us/p/mobile-streak-7/pd). The iPad was the first, and the one the authors have used extensively.

The iPad is a tablet computer that was designed as a platform for audio-visual media including movies, games, books, periodicals, music, and web content. If you are interested in purchasing an iPad, there are a few decisions to make.

First is the internal storage size of the device, 16GB, 32GB or 64GB. The price increases as the storage size increases. The second decision is the type of connection to access the Internet and web content. All iPads come with a wi-fi connection, which is great when you are in the area of a wi-fi hotspot. If you want access away from hotspots, then you should go with the 3G model. Having 3G capability enables the user to use the iPad anywhere there is a 3G network, similar to a smart phone.

There is an additional fee for accessing a 3G network, and this cost varies so you will have to contact your cell phone carrier (AT&T or Verizon) for details. If you intend to use your iPad in the gymnasium or classroom, and you do not have a wi-fi connection at school, then you will want to make sure you purchase the iPad with the 3G connection if you will be using applications that require connecting to the internet. There are lots of apps that do not require wi-fi, but there are many others that do, so make sure you do your homework and figure out what type of connection will work best for you in your setting.

The iPad is similar to many smart phones (i.e. Blackberry, iPhone, Droid, etc.) with regard to what they can do, and what is available to make your device unique to your needs and personality. The biggest difference between a smart phone and the iPad is the larger size screen (9.7 inches). All iPads have a calendar, contacts and email capability. All of these can be synced between your desktop/laptop computer and your iPad.

The iPad also comes preloaded with an app for YouTube, iTunes, App Store, Videos, Photos, Notes, Maps, iPod (music, tv shows, movies, podcasts, etc.) and Safari (Apple’s web browser). The iPad 2 added [Photo Booth](http://www.apple.com/ipad/built-in-apps/photobooth.html) and [FaceTime](http://www.apple.com/ipad/built-in-apps/), both of which utilize the front facing camera. Imagine the possibilities just with the preloaded applications.

For example, you can create videos of the activities you will be teaching in class, and then show the video on your iPad during class time. If students don't understand a particular skill, you have a video to show them. If you need music for your fitness stations, your entire music library is loaded, and playlists are created for each class or activity. In addition to videos and music, you can have photos of students performing the critical elements or the skill of the day.

You can use FaceTime or [Skype](http://www.skype.com/intl/en-us/homepage) to have guest speakers available during class time. You can use the iPad to take attendance, enter grades, and access all of your students' health information and emergency contact numbers. Plus there are thousands of applications, free and commercial, that you can download based on your needs and your preferences. The possibilities really are endless.

One of the best parts of using an iPad is downloading the apps. After purchasing your iPad, you will need to create an iTunes account, if you do not already have one. When you take your iPad out of the box you will need to sync it to your iTunes account on a computer in order to activate it. Once you do that you are ready to go.

You can download apps through iTunes, or the handy App Store icon located on the iPad. You do not need to sync through your computer ever again, but it is recommended to sync on a regular basis, as your iTunes account will then be your backup copy, should anything happen to your iPad. Connecting to the computer also charges the battery, but this can also occur when using the provided AC adapter.

Now that you know all about the iPad, let's talk about the [**apps**](http://www.apple.com/ipad/from-the-app-store/). As mentioned previously, there are literally thousands of applications to choose from, ranging in price from free to $999.99 (an app to study for the bar exam). Most of the apps will be less than $10, with a great selection of free apps.

We have compiled some of our favorite apps into categories to help you get started. The prices are current as of the writing of this article. Also, an asterisk (\*) indicates the need to have wi-fi or 3G connection to run the application.

**FITNESS APPS**

There are hundreds of apps in the area of health related fitness. Listed below are our ten favorite fitness apps.

1. [**Fitness Class**](http://itunes.apple.com/us/app/fitnessclass/id348715624?mt=8)\* (free) - Fitness class allows you to stream workout videos over WiFi or 3G with over 230 routines to choose from. With a projector it can be used to lead a class through a variety of different group exercises. You can use your own music, or use the music included. Exercise classes range from 10-90 minutes long.
2. [**Fitness Free HD**](http://itunes.apple.com/us/app/fitness-free-hd/id390410487?mt=8) (free) – With this app you will have access to over 300 exercises with photos and instructions on how to perform the exercise. It provides content on exercises for specific body parts and equipment. It allows you to add some of your own exercises to create a routine or workout to use in class.
3. [**HIIT Timer (Intervals)**](http://www.filecluster.com/ipad/hiit-timer-intervals--16584.html) ($1.99) - Do you use stations or want to keep your lesson on a time table? This app allows you to create intervals of any kind. You can also configure for high intensity interval and lower intensity intervals. This app allows you to add some sound effects along with a large digital time display. You can save any interval once it has been created for use in future classes.
4. [**HK Now**](http://itunes.apple.com/us/app/human-kinetics-now/id405570036?mt=8)\* (Human Kinetics Now) (Free) - Human Kinetics will help you to stay current and up to date with any and all trends and news in the world of sport, fitness, physical education and exercise science.
5. [**iPump Stretch**](http://itunes.apple.com/us/app/ipump-stretch/id296882275?mt=8) ($1.99) – Everything you need for a stretching session. This app includes videos and audio coaching that targets all major muscle groups. It contains images and videos of both female and male exercisers. Perfect for personal or class use.
6. [**Pilates: Day by Day**](http://itunes.apple.com/us/app/pilates-day-by-day-15-minute/id392154741?mt=8) ($5.99) Would you like to include pilates in class? This app provides you with a selection of 11 different Pilates routines that each last 15 minutes long. This would be a nice warm-up or cool-down portion of any class. Each routine includes pictures and descriptions of movements.
7. [**Pocket Innovation**](http://itunes.apple.com/us/app/trx-exercises-with-pocket-pt/id342679363?mt=8) ($4.99 each) – Pocket Innovation has created apps for the following exercise equipment with detailed pictures, cues and videos: TRX suspension Trainer, Dumbbells, Resistance bands, Kettle bells, Swiss Ball, Vibration Plate.
8. [**Yoga Free for iPad**](http://itunes.apple.com/us/app/yoga-free-for-ipad/id391991796?mt=8) (free) – This app includes 200 different yoga poses with pictures and descriptions on how to perform each movement. The app allows you to select poses of your choice, and create your own routine depending on how much time you have to dedicate to yoga on any given day.
9. [**100 push-ups and 20 chin-ups**](http://itunes.apple.com/us/app/hundred-pushups/id301174591?mt=8) ($1.99 each) - Based on the popular web version this app provides you (and your class) with a systematic day by day method to go from 1 push-up or chin-up to 100 push-ups or 20 chin-ups. Very simple to use and follow. These apps and ideas could be used in class during warm-up, or as a before school challenge for those interested.
10. [**1000 Exercises by Men's and Women's Health**](http://itunes.apple.com/us/app/1000-exercises-by-mens-health/id364899153?mt=8) ($5.99) – Wow, 1000 exercises with descriptions, pictures and videos. This app will allow you to create just about any workout you can think of with or without equipment. It includes images of both men and women. You have the ability to publish the workouts and change them with a push of a button.

**MUSIC APPS**

Music is such a big part of our classes, whether for station work, fitness activities, or many other uses. Listed below are some of our favorite music apps.

1. [**ITGO Interval Trainer**](http://itunes.apple.com/us/app/itgo-interval-trainer-go-the/id329032744?mt=8) ($3.99) – This timer app is loaded with bell and whistles, literally. ITGO allows you to select times for intervals, music to go along with each interval (your own or pre-loaded), noises and sound effects to signal the chance of intervals and the tempo of music for each interval.
2. [**Motion Traxx Radio**](http://itunes.apple.com/us/app/motion-traxx-radio-workout/id355878699?mt=8) ($2.99) – This app provides non- stop workout mixes that are designed for high intensity workouts (running, cardio, power walking).
3. [**Music top 100 hits PRO**](http://itunes.apple.com/us/app/music-top-100-hits-pro-version/id400912360?mt=8)\* ($4.99) - Do you use a lot of music in class? Do you like to change your music often? Would you like to introduce your students to music from around the world? If you answered yes to these then this app is for you. This app will allow you to search hits from all across the world or choose the country and search.
4. [**Power Music Hour**](http://itunes.apple.com/us/app/power-music-hour/id315971404?mt=8) ($.99) - Power music hour will allow you to select songs from your iTunes library, create a playlist and then play those songs for one minute at a time. You can select the middle of songs, the end of songs, etc. There is also an optional whistle noise that will tell you that the songs are changing (time to change stations?), and an option to change the length of song played.
5. [**Workout Music Timer**](http://itunes.apple.com/us/app/workout-music-timer/id385541269?mt=8) ($.99) This app will allow you to create three separate playlists: high intensity, medium intensity and low intensity. You can then select the length of time for each playlist or you have the option to move forward or back with the click of a button. The on screen display shows the amount of time in the current phase, the amount of time left in current phase, and the total time in workout (class).

**PRODUCTIVITY APPS**

There are hundreds of apps that can make your life easier professionally. Listed below are our ten favorite **productivity apps**.

1. [**Attendance**](http://itunes.apple.com/us/app/attendance/id301753475?mt=8) ($4.99) – This is a great app for quickly taking class attendance. It also has the capability to add students email addresses and a headshot photo. You can put the students in a seating chart as well, and easily change the chart as needed. After taking attendance you can send an email to those who are absent notifying them of what they missed. You can import CSV class lists, export data into a spreadsheet, save class reports and back-up your files with Dropbox integration.
2. [**Documents to Go**](http://itunes.apple.com/us/app/documents-to-go-office-suite/id317117961?mt=8) ($9.99) – This is a bit expensive compared to some apps, but it is a very valuable addition to your iPad if you are a user of the Microsoft Office Suite. Download Documents to Go Desktop to your computer and then you can easily transfer any Office document (Word, Excel, PowerPoint) for viewing and even editing on your iPad. The iPad must be connected to the computer to sync, but no connection is necessary to view or edit the documents once they are on the iPad.
3. [**Dragon Dictation**](http://itunes.apple.com/us/app/dragon-dictation/id341446764?mt=8)\* (free) – This easy-to-use voice recognition application permits you to speak and have your message instantly transcribed into an email or text message. You can also copy and paste the message into a document. It is faster than typing and very reliable. Dragon Dictation can also be used to post messages on any social networking (Twitter, Facebook) site.
4. [**Dropbox**](http://itunes.apple.com/us/app/dropbox/id327630330?mt=8)\* (free) – The first app you should download is Dropbox. This free app permits you to share files across different computers or devices (iPad, iPhone, Android, etc.). Dropbox allows files in a special folder to be synced across multiple computers, accessed from any computer, and shared at any level (not shared, shared with a few individuals, shared with the world). The free version of the app permits 2GB of storage. (For $9.99 you can have 50GB.) No longer do you need to carry your USB storage device from home to the office to make sure you have all of your documents. Just keep them in your Dropbox. You can access them from the downloaded application or the Dropbox website, so they are available anywhere that you have Internet access. I have accessed Dropbox from two personal computers (PC and Mac), office computer, classroom computer, iPad, iPod Touch, iPhone and Droid Incredible. This app is incredible!
5. [**Evernote**](http://itunes.apple.com/us/app/evernote/id281796108?mt=8) (free) – Whether taking notes, jotting down ideas, making a list, or adding recordings or photographs, all of this can be put into Evernote. This app will instantly synchronize from your iPad to your Windows or Mac desktop. Just set up a free account and download Evernote to your computer. You can also access your account from any computer using the Evernote website. It’s a great way to stay organized.
6. [**GoodReader**](http://itunes.apple.com/us/app/goodreader-for-ipad/id363448914?mt=8)\* ($4.99) – This is a powerful PDF reader with the capability of annotations, markup, and highlighting documents. It is also an excellent file manager, TXT file reader and editor and audio/video player. GoodReader also permits viewing MS Office and iWorks files. A nice added bonus is the fact that it will work with VGA out so you use a projector to present material to a class or group.
7. [**Google Books**](http://itunes.apple.com/us/app/google-books/id400989007?mt=8) (free) – Turn your iPad into an electronic book reader. This app offers access to over two million books available for download. You are able to change the font size, search within the book, and read in nighttime or offline mode. There are free preview pages and unlimited storage of books in the clouds. You can sync your books to your Google Books Library and have them on your iPad and your computer. The app is free, but many of the books are not. However, the price is considerably less than hard copies, and there is a selection of free books as well. If you have a Kindle you can just use the free [Kindle App](http://itunes.apple.com/us/app/kindle/id302584613?mt=8) and use your iPad as your e-reader.
8. [**Penultimate**](http://itunes.apple.com/us/app/penultimate/id354098826?mt=8) ($1.99) – This is the best handwriting app for the iPad. This app is stylish, powerful, and easy to use. You can pick the color of the ink and the weight of your pen (fine point, bold gel, etc). No matter where you may be, you can write notes, keep sketches or share your ideas. You can organize your writings by creating various notebooks and keeping your creations in the appropriate notebook. All of your work can also be synced to your computer with iTunes.
9. [**SoundNote**](http://itunes.apple.com/us/app/soundnote/id364789577?mt=8) ($4.99) – This app is notepaper that allows you to record as well as type notes. Just tap a place in your note and it will play back the audio that was happening at that time. This is a great tool for taking notes in meetings or classes. If you need further clarification just listen to the audio that corresponds with what you typed. You can also write or draw with SoundNote. You can export to mail or .pdf with the audio embedded.
10. [**The Weather Channel**](http://itunes.apple.com/us/app/the-weather-channel/id295646461?mt=8) (free) – There are a number of weather apps, but the Weather Channel is one of the best. It is easy to use since it is similar to the weatherchannel.com website that many people use for weather information. For those who teach outdoors, or may have school days affected by inclement weather (snow days!), this is a good app to have.

**AUTHORS FAVORITES**

These were difficult to narrow down, but we compiled the apps we would hate to be without (excluding those previously mentioned).

1. [**1Password**](http://itunes.apple.com/us/app/1password-for-iphone/id285897618?mt=8) ($9.99) –If you are like me, you have a dozen different usernames and passwords for the various online sites you visit or the accounts you access. This app stores all of your information in a safe and secure location. You use one master password to log in and you now have access to all of your private information in one place. If you don’t like your current passwords, 1Password will generate a password for you to keep it even more secure. It works with Dropbox so you can backup your password database in your Dropbox and then all of you machines will have the latest passwords. If you pay for the desktop app ($29.95 for Windows, $39.95 for Mac), you can have 1Password automatically enter your password for all of your secure websites when you go to those sites. It really is a great tool. I recommend you try it for free for 30 days to see if it meets your needs.
2. [**Hulu Plus**](http://itunes.apple.com/us/app/hulu-plus/id376510438?mt=8)\* (app free/ $7.99 month) – This app is free but it does require a monthly subscription fee of $7.99. This subscription is good for viewing streaming video content on a computer, mobile device, iPad, or on a device like Roku. Hulu Plus streams TV content to your iPad so you are able to view over 2,400 TV episodes for 200 seasons, and thousands of movies from the 1920’s to today.
3. [**MLB**](http://itunes.apple.com/us/app/mlb-com-at-bat-lite/id281969989?mt=8)\* (free) / [**MLB At Bat**](http://itunes.apple.com/us/app/mlb-com-at-bat-11/id420031160?mt=8&ign-mpt=uo%3D4)\* ($15) – As a huge baseball fan, this app is by far my favorite. As a paid subscriber to MLB.com, I am able to watch any game on my iPad, as I can on my computer. If I was a non-subscriber, I could watch the game of the day, selected by MLB, for free. Both of these apps also have MLB news, videos, team info, schedules, standings and more. As a baseball fan of a team out of my viewing marking, this app is invaluable during the baseball season. (Local teams, however, are blacked out from viewing.)
4. [**Remote**](http://itunes.apple.com/us/app/remote/id284417350?mt=8)\* (Free) – Remote allows you to control your iTunes account via a Wi-Fi network as if you were sitting in front of your computer. You can change, pause, change playlist or browse your entire library all on the move.
5. [**Runner's World**](http://itunes.apple.com/us/app/runners-world-magazine/id368641521?mt=8)\* (Free)- If you are a runner this app allows you download the most current issues of the magazine along with free training and equipment tips.
6. [**Tripit**](http://itunes.apple.com/us/app/tripit-travel-organizer/id311035142?mt=8) (free) – This is one of the best travel apps available, as it organizes all of your trips. After scheduling your travel plans, just forward the email confirmation to plans@tripit.com and it automatically enters it into the Tripit app. It is a great way to build your trip itinerary with no data entry. Even if you only travel once or twice a year, it is still worth trying this app. After booking my flight and hotel for AAHPERD, I forwarded the email confirmations to plans@tripit.com and then all of my information was available in my Tripit app on my iPad and mobile device.
7. **Social Networking**\* (free) – If you are a person who likes to stay connected with various social networking sites, you can download the app for [Facebook](http://itunes.apple.com/us/app/facebook/id284882215?mt=8) and [Twitter](http://itunes.apple.com/us/app/twitter/id333903271?mt=8). There are variations of these two sites ([Twitteriffic](http://itunes.apple.com/us/app/twitterrific-for-twitter/id359914600?mt=8" \t "_blank), [Friends Focus](http://itunes.apple.com/us/app/focus-for-facebook/id333385025?mt=8)) that may meet your needs as well. There are also apps like [Boxcar](http://itunes.apple.com/us/app/boxcar/id321493542?mt=8) that put all of your social networking feeds in one place, making it easier and faster to check your status and that of your friends.
8. [**USA Today**](http://itunes.apple.com/us/app/usa-today/id300669003?mt=8)\* (free)- Within minutes you can read the leading stories from around the world.

**OTHER POSSIBLE USES FOR THE IPAD**

1. **Video demonstrations** - The screen is large enough so that you could have a video loaded of any particular skill that you are teaching and allow a student who is having difficulty performing watch and with the ease of replay you could replay it continually throughout the day.
2. **Pictures** – You can have pictures of critical elements, movement patterns, or many other options for use in the classroom/gymnasium. For visual learners a picture really is worth a thousand words.
3. **Emergency Contact Information and Health Records** – You can store all of your students into class files with contact information and health records that you are given at the start of the year. This information is now at your fingertips for quick access when needed.
4. **Camera / Video Camera** – The iPad 2 has both a front facing and rear facing camera, including a video camera as well. You can take photos or videos of the students for instant viewing and feedback of their own performance. A front facing camera permits video calling, and that allows communication with others outside of the school setting (guest speakers).
5. **Projection** – With a VGA adaptor you can hook your iPad to a projector and show videos, slideshows, PowerPoint presentations and much more right from your iPad.

**CONCLUSION**

As you can see, there are many ways that you can use an iPad and various applications in your professional and personal life. Explore the options available and find the right uses for you and your program. You won’t be disappointed. The possibilities really are endless.

## Great App Web Sites for Health and PE Teachers

The following online resources/Web sites should help teachers gain a better understanding on how to use Apps in the health and physical education classroom.

[**The PEGeek**](http://thepegeek.com/): Great blog site with websites and applications for physical education teachers.  You can review the archives to catch up on any of the interesting topics you may have missed.  Reviews applications for mobile devices and websites.

[**App Advice:**](http://www.appadvice.com/) This Web site provides reviews of apps in many different categories, including health and fitness. You can also download the Apps for Free app to get a listing of apps that previously were for sale and now are for free for a limited time.

[**The Flipped Coach**](http://www.flippedcoach.com/). A blog by a physical education teacher and coach, Jason Hahnstadt. It includes information about how to use different applications, including Coach's Eye, in physical education and coaching.

[**Using Technology in Physical Education – Bonnie’s Fitware**](http://www.pesoftware.com/)  Bonnie Mohensen

[**Apps for PE Teachers at PE Software.com**](http://www.pesoftware.com/Resources/Apps.html)

[**iPads in Education**](http://www.emergingedtech.com/2012/05/8-great-free-web-resources-focused-on-using-the-ipad-in-education/) – regularly updated site about uses of the ipad in education, emphasizing free resources.

[**Wikispaces**](http://www.pecentral.org/apps/www.wikispaces.com). Free for educators. Wikispaces offers a private, secure space where teachers and students can share their work online.  Wikispaces can host student portfolios and assignments and provides an opportunity for students to collaborate on learning projects.

[**Live Binder**](http://www.livebinders.com/): Site for teachers who want to have portfolios for their classes or individual students

[**Top 15 iPad Apps for Teachers**](http://www.emergingedtech.com/2012/03/15-favorite-ipad-apps-as-selected-by-teachers/): list compiled by Emerging Tech Ed.

[**HPE Podspot: Great Pod Cast Web Site for PE Teachers**](http://hpepodspot.com/HPE_Podspot/HPE_Podspot.html): list compiled by Emerging Tech Ed.

[**Phys. Ed. Apps**](http://physedreview.weebly.com/pe-apps.html): At this site this PE teacher features a number of show and tell links that features apps he has used with his classes.

Episode 37 – Outdoor Recreation & Technology

August 13, 2015 mrrobbo

In this episode of The PE Geek Podcast, we explore the apps, resources and technologies which you can utilise in outdoor recreation activities and programmes. This includes activities such as bushwalking, hiking, canoeing, orienteering, mountain biking, rocking climbing and much more. Historically the activities we explore, formed much of my initial use of technology in the classroom way back when I began my career and this blog back in 2008.

Apps and resources explored in this episode include;

* Live Streaming Apps [Periscope,](http://geni.us/2kPq) [Meerkat](http://geni.us/nPP) & [Spreaker](http://geni.us/YKm)
* [GoPro Cameras](http://geni.us/UMI)
* [QR Codes](http://www.qrstuff.com/) & [Treasure Hunts](http://www.classtools.net/QR/)
* [Geocaching](https://www.geocaching.com/play)
* [Klikaklu](http://geni.us/1wKX)

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The PE Geek

### Episode 37 - Outdoor Recreation & Technology

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## App/Technology Articles for Health and Physical Education Teachers

The following articles should help Health and / or PE teachers get a better understanding of how a teacher might use apps in the physical education classroom.

**Barer, H. (2009).** [**Wikis in Physical Education**](http://www.pelinks4u.org/articles/baert1209.htm)

Wikis are valuable resources for teachers, who can use wikis to enable students to work collaboratively on projects and assignments. Students can also create their own wiki portfolio to highlight their work. Wikis have broad application to health and physical education.

**Beagle, M. (2012).** [**What are you “App” to Do?**](http://www.pelinks4u.org/articles/beagle5_2012.htm)

An overview of the iPad and a list of sites for finding educational applications that may be appropriate for both physical education and health. There is a video of a future physical education teacher discussing the use of apps in physical education.

**Cummiskey, M.& Leight, J.** [**Social Media and Physical Education.**](http://www.pelinks4u.org/articles/cummiskey%26leight_2012.htm)

The use of social media in physical education is discussed, starting with defining social media, discussing the use of facebook, and addressing one of the key concerns: privacy. This article is also appropriate for health education.

**Leight, J. M., & Nichols, R. (2011).** [**Using iPads in Physical Education; There is an App for That!**](http://www.pelinks4u.org/articles/lleightNichols_1011.htm)

Great overview of the iPad, its features, and favorite applications related to fitness, music, and productivity. Also provides good discussion of the uses of the iPads.

**Sinelnikov, O. A. (2012). Using the iPad in a Sport Education Season. JOPERD, 83(1), 39-45.**

This article highlights the use of the iPad during a sports education unit on volleyball.  Provides ideas on how the iPad can be used to reinforce development of game strategy, rules, and skill competency and how it can be used by students fulfilling the various team roles, such as coach, manager, and eqity sports board representative.

**Tomczak, K. (2011). Using interactive media in dance education. Journal of Dance Education, 11(4), 137-139.**

This article presents some ideas about how to use iPods, Flip cameras, and iPads to enhance students’ learning of dance. Some of these ideas can be adapted to other physical activities.