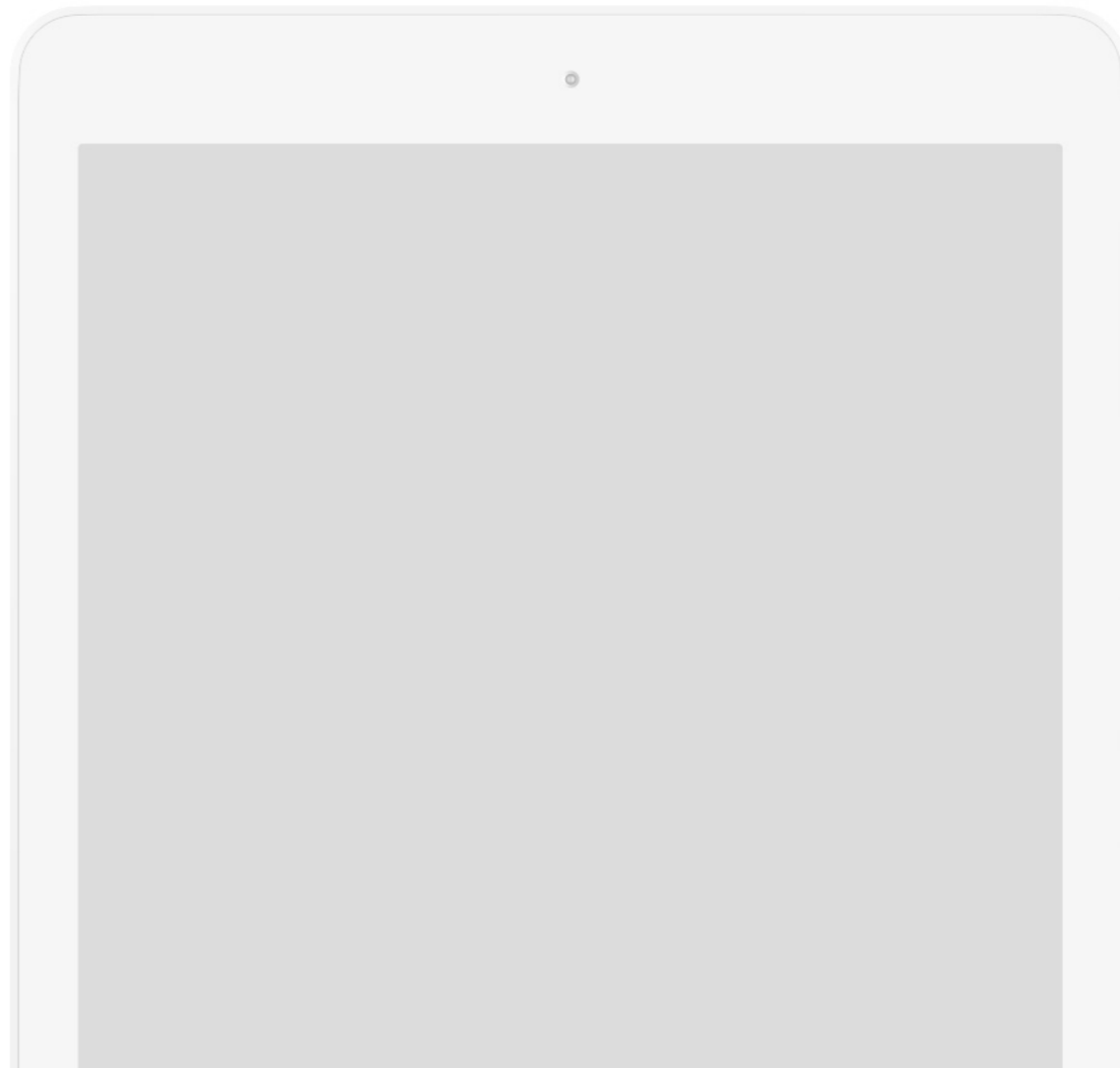
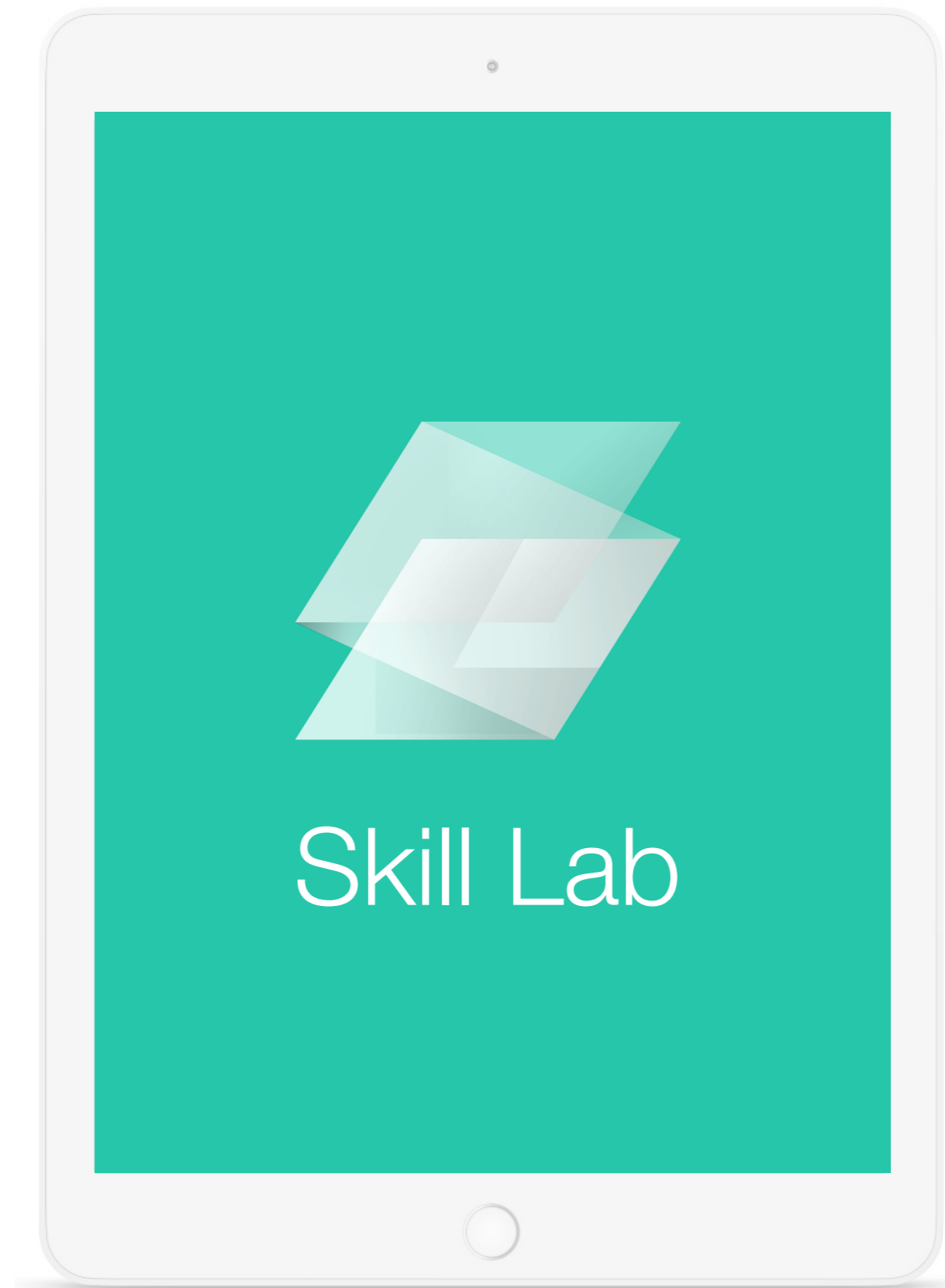


Personalized P.E.

Using **Technology** to Support Student-led Learning



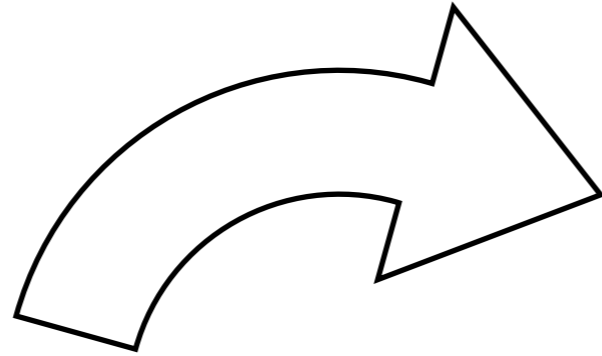
How can we use technology to
create a more **personalized**
learning environment in **P.E.**?



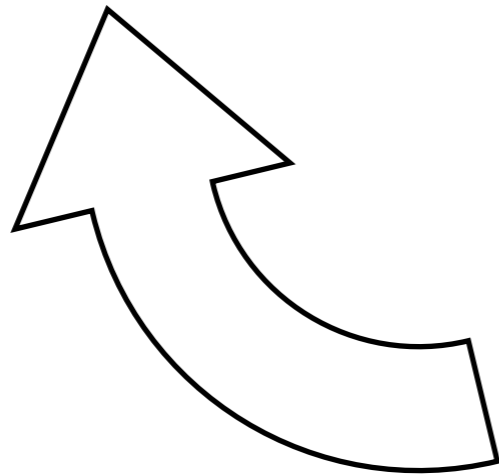
K-12 Student-led [Learning App](#)
for Developing Skillful Movement

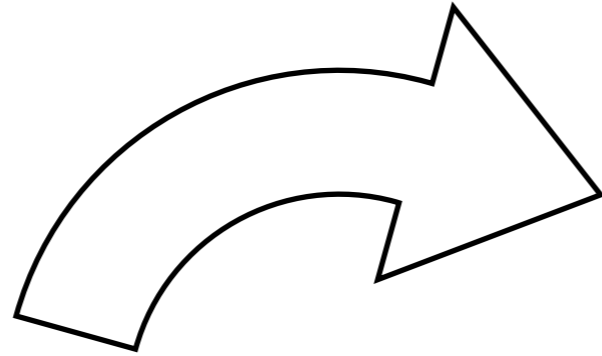
How does it work?

- Uses digital content to provide each student with their own self-guided skill development experience.
- Allows teacher to focus on depth and application of concepts to teach higher order of learning.
- Creates an environment where:
 - Students get individualized, self paced instruction.
 - Teachers can provide additional differentiated instruction for students who need it.



The Skill Lab Learning Cycle

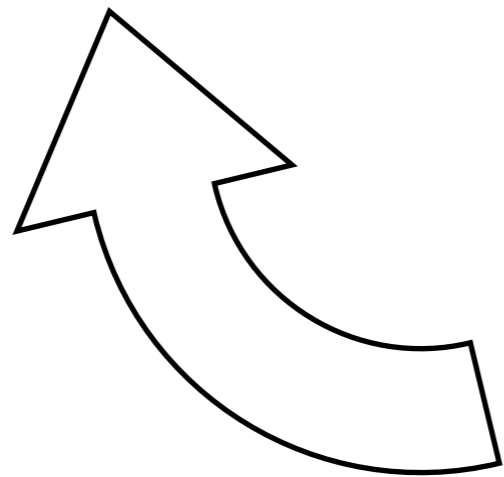


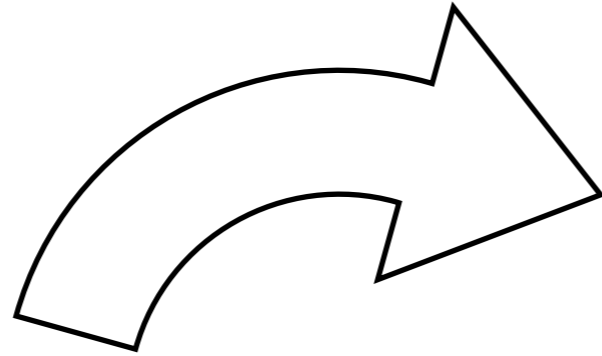


**Learn how skills
are performed properly**



The Skill Lab Learning Cycle





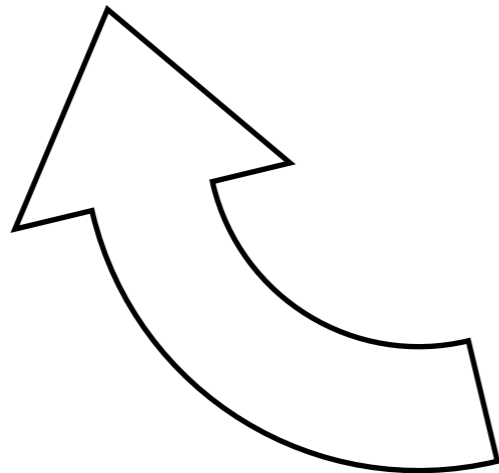
**Learn how skills
are performed properly**

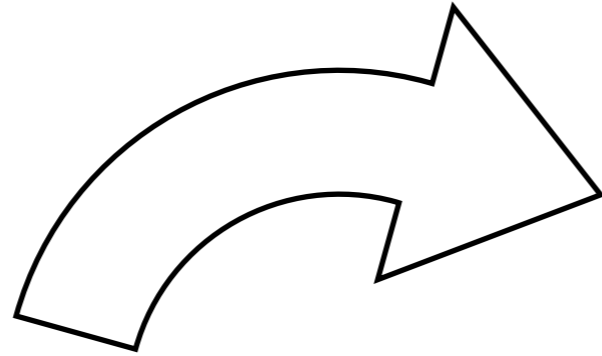


The Skill Lab Learning Cycle



**Record current skill
performance**





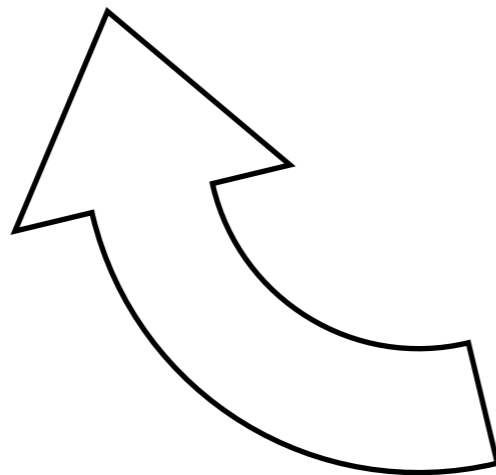
**Learn how skills
are performed properly**

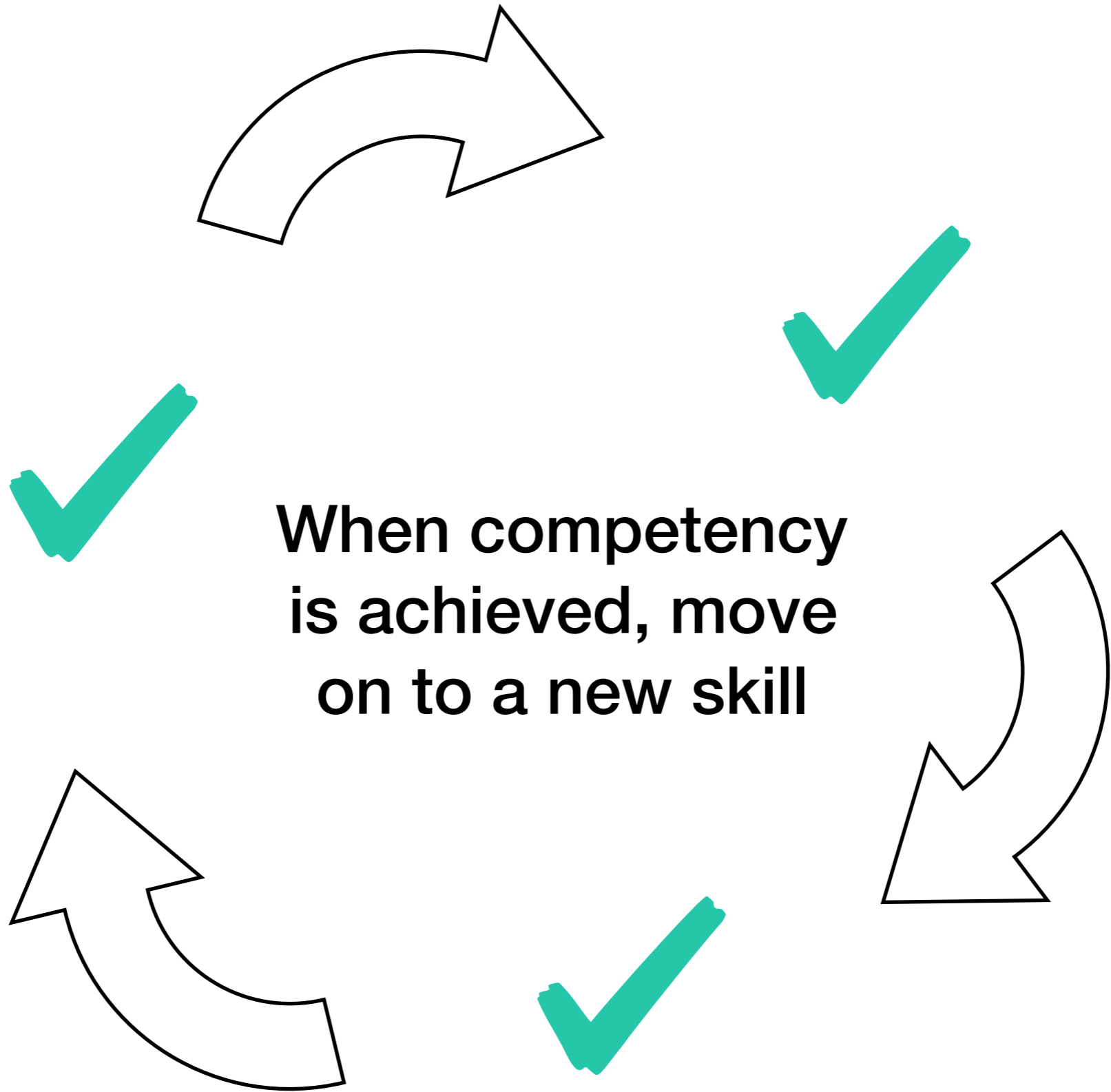
**Self-assess to
identify
gaps in skill
performance**

The Skill Lab Learning Cycle



**Record current skill
performance**





**When competency
is achieved, move
on to a new skill**

F.I.T.T. Prescription for Skill Lab Student Usage

- Frequency: 2-3 times per week.
- Intensity: Low aerobic intensity.
- Time: 3-5 minutes per class.
- Type: Skill development.
 - Have students work on skills associated with the current unit you are teaching.

Current Skill Lab Content

- **Locomotor:**
 - Running, long jump, vertical jump, hopping, skipping, galloping, side shuffling, rolling and leaping.
- **Manipulative:**
 - Throwing overhand, throwing underhand, catching above waist, catching below waist, and kicking.
- **Fitness:**
 - Balance, sit and reach, trunk lift, curl up, push up and 10 core training exercises.
- **Weightlifting:**
 - Back squat, front squat, deadlift, bench press (all grip variations), incline bench press, overhead press, bent over row (all grip variations).

When Implemented
Successfully

What you will see in the classroom:

<https://www.youtube.com/watch?v=GpbaKIQsOCi&feature=youtu.be>

<https://drive.google.com/file/d/10M38F7soZ9wSk6Deo3sVHCL53ZztNs9L/view?usp=sharing>

Student improvement after app use:

https://drive.google.com/open?id=1sbXgg84z_UY0K-Plg5r9LEXS08incGfl

Teacher video testimonial:

<https://www.youtube.com/watch?v=cr5lxRULOKc&feature=youtu.be>

Lesson Integration Strategies

Three ways to use Skill Lab

- Station Rotation:
 - iPad station (where students will use Skill Lab) included in your lesson plan.
- Flipped Classroom:
 - Students do skill practice homework before coming to school
- Flex Model:
 - iPads available on the side of the gym for when the students need extra skill practice.

Technology Requirements & Purchasing

Hardware

- We recommend that physical education teachers have access to a minimum of five iPads in the gym.
- iPad type must support iOS 12 software or higher:
 - Compatible iPad devices include all iPad Pro versions, iPad 5th generation, all iPad air versions, and iPad mini (2, 3, and 4).
- Shock-proof cases recommended.

App Purchase

- Purchase directly from the Apple App Store by searching “Skill Lab” or “Athlete Era”
- If purchasing for less than 20 devices:
 - \$7 USD per device.
- If purchasing for more than 20 devices through the Apple Volume Purchasing Program:
 - \$3.50 USD per device.
- One-time install cost with the option to purchase sport-specific content package updates as they become available.
- If purchasing for students to use on their own device:
 - Select “Redeemable Codes” when finalizing your order through the Apple Volume Purchase Program. This will issue activation codes that can be distributed to students, allowing them to install Skill Lab on their iPhone (6 plus or newer) or iPad.

Deployment

- Skill Lab does not require student accounts to be created. Once the app is purchased and available on the desired devices, it is ready to start using in the classroom.

For Purchasing and Implementation Questions

- Contact Corey Edington
 - Email: corey.edington@athlete-era.com
 - Phone: 306-801-6399



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For more information, visit athlete-era.com