

# About our new student learning app for physical education



Hi Parents,

This year during physical education classes, students will be using the Skill Lab mobile app to learn, assess and improve both exercise and sport skill technique. **Recent changes in physical education national standards now recognize that teaching children the proper fundamentals required to perform a variety of motor (physical) skills is critical for promoting engagement in physical activity and long-term health.** Developing proper motor skill technique typically requires hours of 1-on-1 coaching, which is difficult to achieve in schools due to high student-to-instructor ratios. We are using the Skill Lab mobile learning app to offer students a personalized, fun and engaging way to learn a variety of motor skills during their physical education classes.

**The Skill Lab app allows users to record skill demonstration videos in order to analyze and improve their technique. These videos are exclusively used to help students improve their skills and document learning progress for teachers.** Students may also complete simple assessment checklists to keep track of what they need to practice. Your child's physical education teacher may share these videos and assessments with you by email. **If you do not want videos recorded of your child during physical education classes, please contact us.**

## Learn more about Skill Lab

Skill Lab was created by exercise, physical education and health professionals at Athlete Era to help children become more confident engaging in physical activity for life. It is intended to be used in moderation (15 minutes per class) as a support tool to provide technique instruction, helping ensure students are safe and successful during any form of physical activity.

Information privacy and security is very important to us. That is why we utilize Google as a software service provider to encrypt and store all videos and data collected while using the Skill Lab app. If you would like to learn more about how we collect, manage and store information, please read our full privacy policy at [athlete-era.com/privacy](https://athlete-era.com/privacy). **If you would like to use Skill Lab at home, it can be downloaded for free from the Apple App Store.**

