

# SKILL | LAB

**Skill Development: Peer-to-peer Learning Activities**

Usage and Classroom Integration Guide for Teachers

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# What Are Skill Lab Peer-to-peer Learning Activities?

Skill Lab can be utilized as a resource to facilitate peer-to-peer learning of proper skill technique. This is achieved through completing peer-to-peer learning activities facilitated by the Skill Lab app. During these activities, students will take turns being the skill instructor. The skill instructor will be responsible for showing their partner a skill demonstration, recording their partner attempting to do the skill, then reviewing the video with their partner to see how many coaching cues they achieved. This activity will help students improve technique, gain a better understanding of basic coaching cues as well as work on communication and cooperation skills. These peer-to-peer learning activities work best with students in grade 3 and up.

## Device Set-up

1. Download the Skill Lab app on all of the devices students will be using during their peer-to-peer learning activities.
2. Login to your Skill Lab teacher account that you have already set-up with class and students lists.
3. If you have one device for every two students, you can have the entire class work on their peer-to-peer learning activity at the same time.
4. If you only have between 5-7 devices, set-up your peer-to-peer activity as a station so that students can take turns working with the iPads.

## App Usage for Students

*These step-by-step usage instructions are demonstrating how students would use the app to facilitate a peer-to-peer learning activity for the skill of **kicking**.*

## Using Skill Lab With New iPads and iPhones

If you have a **2017 iPad, iPad Pro, iPhone 6S or newer**, this is considered a new device as you will be able to use the augmented reality skill demonstration feature.

### **Step One: Watch It**

*Watch these steps in a video tutorial by [clicking here](#) or heading to the Athlete Era YouTube channel*

1. Open the Skill Lab app.
2. Navigate to the AR screen.
3. Select "Kick" from the skill list.
4. Once you have selected a skill, slowly move your device (iPhone or iPad) side-to-side with the camera pointed towards the floor.

5. Once the floor surface is detected by your device, a blue grid will appear on the screen.
6. Tap on the blue grid to place the skill demonstration model in the room with you.
7. The skill demonstration automatically plays on a loop so it will continuously repeat the skill.
8. Use the + and - buttons in the bottom right corner to make the model larger or smaller.
9. The model will stay fixed to the ground in the exact point that was detected by the blue grid. To see the skill from a different angle, you must physically walk around the skill model while keeping the phone camera pointed at the model.
10. Once you have finished watching the skill demonstration, click the X in the top right corner to return to the list of available skills.

### **Step Two: Try It**

*Watch these steps in a video tutorial by [clicking here](#) or heading to the Athlete Era YouTube channel*

1. Navigate to the analyze screen by clicking the analyze button located in the bottom navigation bar.
2. This will bring up a video recording. On this screen, the skill instructor will begin by tagging the video with who and what they are recording.
3. They will click on the tag icon in the top right corner.
4. They will then select their partner from the list of students you entered, followed by selecting “kick” from the skills list.
5. Once the appropriate student and skill have been selected, they will click “done” in the top right corner.
6. Now the student who is the skill instructor will take a video of their partner completing a kick by pressing tapping the red circular record button at the bottom of the screen once to begin recorder, and a second time to stop recording.

### **Step Three: Analyze It**

*Watch these steps in a video tutorial by [clicking here](#) or heading to the Athlete Era YouTube channel*

1. Once they are done recording the video, it will automatically take them to the assessment screen.
2. On this screen, the skill instructor will analyze their partners performance (while their partner watches the iPad as well) by scrubbing through the 3D skill model demonstration and comparing it to their partners video in order to complete the assessment checklist.
3. Each time the partner is demonstrating one of the coaching cues correctly, the skill instructor should award their partner one point by clicking on the checkbox icon on the right side of the screen, then tapping the toggle button corresponding to the appropriate coaching cue.
4. Once the skill instructor has completed the peer assessment, they will click “done” in the top right corner.

5. If you would like to have the video and assessment saved for you to review later, have them click “Save”. If you do not want to keep videos and assessments from that day, have them click “Discard”.

#### **Step Four: Repeat It**

1. Once completing the first assessment, have the skill instructor record their partner attempting a second kick.
2. The intent of this is to give the partner a second chance in order to see how many more coaching cues they can achieve.
3. Complete a second analysis.
4. After the second analysis is complete, have the partners switch roles and repeat steps two through four.

## Using Skill Lab With Old iPads and iPhones

All **iPads older than the 2017 model or iPhones older than the 6S** are not augmented reality compatible. If using an older device you will have to rely on the 3D movement model found on the side-by-side compare screen for your skill demonstrations.

For the peer-to-peer learning activities, students will complete **steps two through four** as listed in the above section. If students require a skill demonstration before attempting the skill, have them go to the analyze screen and take a pretend video so they can skip forward to the 3D demonstration model.

## Classroom Implementation

### Introducing Skill Lab for the First Time

As with any new learning resource or activity, there will be a learning curve when students use the Skill Lab app for the first time. To help streamline this as much as possible, you can have students download the app at home (device access permitting), create a student account and complete the in-app navigation tutorial. This will help them be more prepared to use the app in class. Another option is to play the YouTube tutorial videos on a projector screen in the gym and have students follow along with their own iPad. Students will be comfortable with using the basic app features within a few classes, after which they will easily be able to work on whatever skills you assign them. If you can not complete any of the above options, we recommend introducing Skill Lab for the first time in a station format so only a small group of students are using the app at a time and you can provide more detailed instruction guidance.

## Unit Integration

These peer-to-peer teaching activities typically work best at the beginning of a unit when you are introducing new skills for the first time before moving on to more complex skill practice activities or games. If you are introducing several new skills at the beginning of a unit, you may want to incorporate peer-to-peer learning activities using Skill Lab for the first 1-2 weeks of a unit.

If you have a limited number of devices (you are working with 5 or less iPads in the gym) it works best to use a station format. One station should be an “iPad” station where students will complete their peer-to-peer learning activity for that day to develop proper skill technique. The second (and possibly third) station can then incorporate a different activity where students can then further practice that specific skill.

## Example Lesson Plans

# Lesson Plan One

*Incorporating Skill Lab in a Non-station Format to Develop Jumping and Landing Skills  
Estimated Class Size of 30 Students*

**Unit:** Non-locomotor Skills

**Learning Outcome:** Movement Skills - Jumping and landing on two feet

**Grades:** 3-5

**Approximate Lesson Length:** 60 minutes

**Equipment:** 15 iPads, 2 cones, 15 gym mats (or hula-hoops)

### Lesson Overview

- Warm-up: Tag games: 10 minutes
- Core Activity 1: Skill Lab for Jumping and Landing Technique Development: 20 minutes
- Core Activity 2: Astro Jumpers - Skill Practice Game: 20 minutes
- Cool down and learning reflection: 5 minute

### Warm-up (10 minutes)

- Line Tag - play for 5 minutes
- Freeze Tag - play for 5 minutes

### Core Activity 1: Skill Lab for Jumping and Landing Technique Development (20 minutes)

*Instructions - 5 minutes*

- Explain to students that today they will be using iPads to learn proper jumping and landing technique.
- Provide a basic overview of how the peer-to-peer learning activity will work:
  - Everyone is going to find a partner then you and your partner will get an iPad.
  - Once you have your iPad and partner, you will find an open space in the gym.
  - Begin by opening the Skill Lab app and watching a jump demonstration.
  - Once you have watched the demonstration, decide which partner is going to be the skill instructor and who is going to try the skill.
  - The skill instructor will record a video of their partner attempting the jump variation they just watched in the demonstration.
  - The skill instructor will then assess their partners jumping performance using the compare screen.

- Once you have completed the assessment checklist, have your partner try the skill one more time to see if they can improve.
- Once you have completed the second assessment, switch partners.
- Additional note: using the app to complete the skill assessment checklist is likely to require the most explanation for students. We recommend using some of the strategies included in the “Using Skill Lab for the First Time” section of the document.

#### *Completing the Activity - 15 minutes*

- Once students begin working on the activity, you should be free to circulate around the gym and offer support to each pair of students.
- During the first session, you will likely have to answer several questions surrounding basic app usage.
- After students are comfortable using the app, you will be able to provide additional teaching support for students who are having a more difficult time learning a skill.
- If some groups of students move quicker through the activity than others, have them work on another skill until the designated activity is over.
- Make sure you tell students when they are half way through the activity time so they can switch partners.

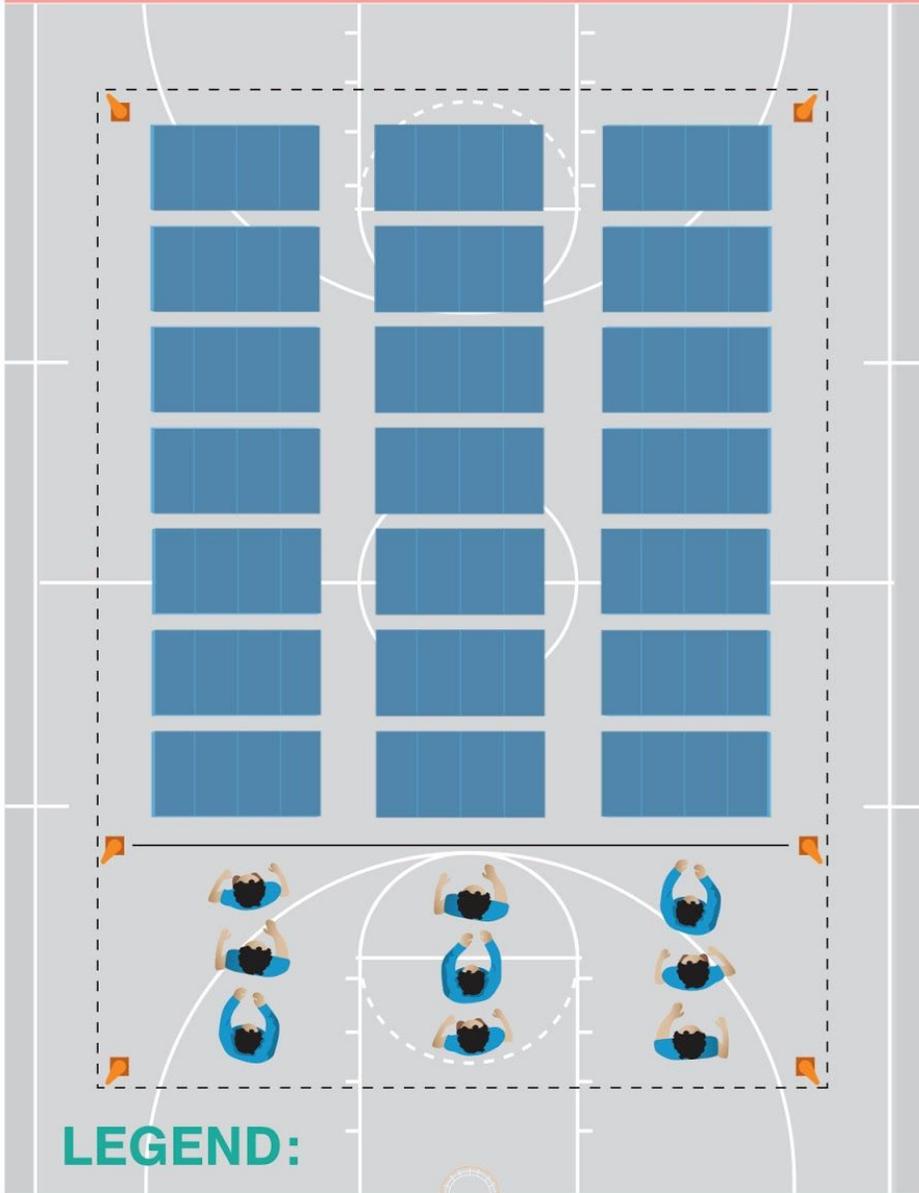
## **Core Activity 2: Astro Jumpers - Skill Practice Game (20 minutes)**

#### *Equipment*

- Cones
- Something to use as planets (gym mats, hoola-hoops, etc.)

#### *Set-up*

# ASTRO JUMPERS



## LEGEND:

Start/End Lines

Area Boundary

Players



Gym Mats



Cones

### *Instructions*

- Split players into groups of 4-5.
- Each group will line up behind a designated starting line (i.e. the sun).
- Prepare a combination of 8 gym mats, yoga mats, tape on the floor and/or hula-hoops (i.e. planets of our solar system) in front of each group.
- Mats must be placed close enough so players can jump from one to another in sequence.
- Object of the game is to jump from one mat to the next without touching the floor.
- If they touch the floor, they must return to a designated mat (i.e. earth) and perform 5 jumping jacks (i.e. star jumps) before attempting the sequence again.
- Players should be encouraged to call out the names of the planets as they land successfully on each one.
- After players complete the circuit, choose a new type of jumping for the players to attempt (i.e. single leg jumps, jump sideways, jump as high as you can, jump as quietly as you can, etc.).

### *Adaptations*

- *Decrease difficulty by...*
  - Decreasing distance between mats, hula-hoops, etc..
- *Increase difficulty by...*
  - Increasing distance between mats, hula-hoops, etc.

## **Cool Down (10 minutes)**

### *Activity - 5 minutes*

- Stretch
  - Toe Touches
  - Bicep Stretch
  - Tricep Stretch
  - Reach for the Sky
  - Grab ankle and try to touch bum with heel
  - Hug knee to chest

### *Learning reflection - 5 minutes*

- Ask kids which cues they remember or what steps are involved in a good jump
  - In partners get kids to demonstrate skill and remind each other of any coaching cues they are missing.
- Provide examples of sports that use the movement skill of jumping.

**If you only have one device for every four students, this lesson can be completed in a station format as seen below:**

**Lesson Overview**

- Warm-up: Tag games: 10 minutes
- Station 1: Skill Lab for Jumping and Landing Technique Development: 20 minutes
- Station 2: Astro Jumpers - Skill Practice Game: 20 minutes
- Cool down and learning reflection: 5 minute

# Lesson Plan Two

*Incorporating Skill Lab in a Non-station Format to Develop Kicking Skills  
Estimated Class Size of 30 Students*

**Unit:** Manipulative Skills OR Soccer

**Learning Outcome:** Movement Skills - Kicking (striking with the feet)

**Grades:** 3-5

**Approximate Lesson Length:** 60 minutes

**Equipment:** 15 iPads, 2 cones, 15 balls for kicking

## Lesson Overview

- Warm-up: Tag games: 10 minutes
- Core Activity 1: Skill Lab for Kicking Technique Development: 20 minutes
- Core Activity 2: Going Squirrely - Skill Practice Game: 20 minutes
- Cool down and learning reflection: 5 minute

## Warm-up (10 minutes)

- Line Tag - play for 5 minutes
- Freeze Tag - play for 5 minutes

## Core Activity 1: Skill Lab for Kicking Technique Development (20 minutes)

*Instructions - 5 minutes*

- Explain to students that today they will be using iPads to learn proper kicking technique.
- Provide a basic overview of how the peer-to-peer learning activity will work:
  - Everyone is going to find a partner then you and your partner will get an iPad and a ball.
  - Once you have your iPad, partner and a ball, you will find an open space in the gym.
  - Begin by opening the Skill Lab app and watching the kick demonstration.
  - Once you have watched the demonstration, decide which partner is going to be the skill instructor and who is going to try the skill.
  - The skill instructor will record a video of their partner **kicking the ball at a target on the wall. The video should be recorded from a side-view.**
  - The skill instructor will then assess their partners kicking performance using the compare screen.
  - Once you have completed the assessment checklist, have your partner try the skill one more time to see if they can improve.
  - Once you have completed the second assessment, switch partners.

- Additional note: using the app to complete the skill assessment checklist is likely to require the most explanation for students. We recommend using some of the strategies included in the “Using Skill Lab for the First Time” section of the document.

#### *Completing the Activity - 15 minutes*

- Once students begin working on the activity, you should be free to circulate around the gym and offer support to each pair of students.
- During the first session, you will likely have to answer several questions surrounding basic app usage.
- After students are comfortable using the app, you will be able to provide additional teaching support for students who are having a more difficult time learning a skill.
- If some groups of students move quicker through the activity than others, have them work on another skill until the designated activity is over.
- Make sure you tell students when they are half way through the activity time so they can switch partners.

## **Core Activity 2: Going Squirrely - Skill Practice Game (20 minutes)**

#### *Equipment*

- Cones
- One ball per team of 6-8 students

#### Set-up

# GOING SQUIRRELLY



## LEGEND:

-  Cones
-  Area Boundary
-  Players
-  Outfield Players
-  Ball

### *Instructions*

- Divide players into two teams (i.e. scurries of squirrels). For max participation, make more teams if space permits.
- Each team sets up a cone (i.e. tree) and stands single file beside their cone
- The first player in each team will start with a ball (i.e. acorn).
- One member from each team will be chosen to stand opposite their team in the outfield
- The first player from each group kicks the ball for the player in the outfield from the other team.
- The outfield players run to retrieve the other team's ball.
- Once the fielders have retrieved the ball, they stand in place and hold it above their heads.
- Each team's members then race to their fielder and line up behind them.
- Teams then begin passing the ball over the first player's head then between the second player's legs
- Teams move the ball from the front of the line to the back of the line as quickly as possible.
- Once the ball is at the back of the line, the entire team runs with the ball and places it on the ground beside their cone.
- The first team to return the ball back to their cone scores a point.
- Teams switch kickers and fielders every kick.
- Games can be played up to five points.
- Games will continue to be played until each player has the opportunity to kick the ball.

### *Adaptations*

- Decrease difficulty by
  - Decreasing the size of the playing area
- Increase difficulty by
  - Increasing the size of the playing area

### **Cool Down (10 minutes)**