**Assignment #1 –** [**Super Note**](https://itunes.apple.com/ca/app/super-note-recorder-notes/id484001731?mt=8) **(iOS) or** [**TobiPro Audio Picture Protocol**](https://play.google.com/store/apps/details?id=de.atino.bimito) **(Android)**

Old assignment:

For this assignment I have my students create a four week fitness goal. The goal has to be related to one of the health related components of fitness (muscular strength, muscular endurance, cardiovascular endurance and flexibility). The students would just fill out a form and comment on their progress.

New assignment:

Students will use the app to take pictures of their progress each time they work on their goal. These apps also allow the students to record audio to go with their picture and the iOS app allows there to be text as well. Students are able to take the photo and video and email it, or send it to dropbox. With this app, I can check in on the progress of each student’s work toward their fitness goal and give encouragement along the way instead of just receiving a report at the end of the 4 weeks.

Learning Outcomes:

A2 explain how physical activity relates to

* health-related components of fitness (muscular strength, muscular endurance, cardiovascular endurance, and flexibility)
* skill-related components of fitness (e.g., agility, speed, reaction time, co-ordination, balance)
* movement concepts (body awareness, spatial awareness, qualities of movement, relationships)

A3 analyze how principles of training relate to components of fitness

A5 pursue personal physical activity goals related to

* health-related components of fitness
* skill-related components of fitness

B4 apply selected principles of training to improve fitness

4Cs:

Content: Has everything they need from three different devices in one – a voice recorder, a camera and a text box

Compute: Students are able to input their own voice and talk about the picture. They are using their own capabilities to explain the process they are completing.

Capture: Takes data from the camera and microphone and saves it for sharing with others

Communicate: Allows the student to share with the teacher (and others)

**Assignment #2 – Geocaching ([iOS](https://itunes.apple.com/app/geocaching/id292242503?mt=8) and** [**Android**](https://play.google.com/store/apps/details?id=com.groundspeak.geocaching)**)**

Old assignment:

I allowed my students to choose whatever they wanted to do for their physical activity. This assignment will give them another choice aside from just going for a walk, it will add excitement to it.

New assignment:

Students will create a geocaching account and sign in using the geocaching app. With this app, it will help students to find the geocach and then they can check in when they have found them. If I have my student’s geocaching user names then I am able to check in and see their progress and the geocaches that they have found. When giving this option to my students, I would suggest that they go on a minimum of one geocaching adventure a month. Each trip I would suggest that they choose a place with many geocaches in a single location (they can go on the website to check around them). Most places that would have a lot in one location would be park, beaches, lakes, hiking trails, etc.

Learning Outcomes:

DPA - participate in physical activities for a minimum of 30 minutes during each school day

A7 demonstrate a willingness to participate in a wide range of physical activities, including individual and dual activities games rhythmic movement activities

B2 apply fundamental movement skills in games activities in predictable and unpredictable settings

B5 apply a range of movement concepts (including concepts associated with body awareness, spatial awareness, qualities of movement, and relationships) to improve their performance of activity-based movement skills

C1 apply safety procedures in all physical activities across the activity categories

4Cs:

Content: Has all the functionalities of searching for geocaches that the website offers as well as the capabilities of a GPS which allows students to choose to search using a compass, latitude and longitude or just by following an arrow.

Compute: The app takes into account where the students real time GPS location is and gives instant feedback (if they are getting closer or farther from the next geocache). It also tracks the finds online right away.

Capture: Takes data from the GPS and saves it for sharing with others

Communicate: Allows the student to share with the teacher (and others)

**Assignment #3 – Run Keeper ([iOS](https://itunes.apple.com/ca/app/runkeeper-gps-track-running/id300235330?mt=8) and** [**Android**](https://play.google.com/store/apps/details?id=com.fitnesskeeper.runkeeper.pro)**)**

Old assignment:

I allowed my students to choose whatever they wanted to do for their physical activity. This assignment will give them another choice aside from just going for a run, it will allow them to track their progress and work toward a goal.

New assignment:

My students will use the run keeper app when they go for runs. I would hope that my students would go for at least one run a week (weather permitting) and see if they can increase their cardiovascular endurance over the course of the year. With run keeper, students are able to load a route and music onto their app. You can also sign up so that the students can share their progress with me through the app and I can encourage them. This can also be use when riding a bicycle.

Learning outcomes:

DPA - participate in physical activities for a minimum of 30 minutes during each school day

DPA - participate in a range of endurance activities

A4 monitor their rate of exertion during physical activity

A6 participate daily in moderate to vigorous physical activity to enhance fitness

4Cs:

Content: Has the capabilities of many devices in one app: a pedometer, a timer, a GPS, a music player and a calorie burn indicator

Compute: Continually tracking how fast the person is running, approximately how many calories they are burning, the route that was taken and how long the exercise has taken.

Capture: Takes data from the GPS and saves it for sharing with others

Communicate: Allows the student to share with the teacher (and others)

Background: These assignments are for my grade 9 PE students. I teach DL so having apps that allow my students to ‘check in’ with me is a great way that I can track the progress that they are all making. I have chosen three apps and assignments to go with each that would last about an hour or so each, but they would be used more than just one time. Each of the assignments states in the description how much they would be used in total. Doing my assignments this way will also allow me to check in with my students more than I am able to right now so that is very important to me. After I finish this assignment, I will be getting them ready to be uploaded to my Canvas classroom for my students to start using next year.