

PE: Data and technology

Integration of apps and data analysis in my PE lessons have transformed how I am teaching and learning with my students to be more personal, dynamic and interactive. Thanks to technology, I can gather real-time information on how each student performs, participates, and gains so I can adapt instruction to each student. Not only does this make education better but it also inspires my students with games and games. With these resources I can get my students better faster by finding and filling the gaps in their ability and knowledge so that they feel able to take responsibility for their fitness. This is the cutting-edge way to teach, which matches my students' interests and technological abilities and makes my PE classes go smoothly.

Google Forms and Sheets:

Pros: Create and share surveys and tests in a few clicks. Real-time data collection and analysis. The capacity to see student growth via charts and pivot tables, from any device with internet connection.

ClassDojo: Advantages: Boosts behaviour with points system. Gets real-time data from student behaviours and performance. Allows contact with parents to keep them updated on their child's progress.

Kahoot! : Advantages: Gives learners gamified lessons. Instant feedback in the quiz help you know where you're doing it right. Provides some comradery that can make them more motivated and engaged.

Plickers: Advantages: No student hardware required, if price-reduced and inclusive. Easy setup and instant report from me. Assessment of comprehension in real time, no need to interrupt students.

Polar GoFit App: Pros: Activates live heart rate and other fitness data. Individualized workouts report for individual monitoring. Helps students to own their health.

Fitbit (or Similar Wearables): Advantages: Monitors general health data like steps, calories, sleep etc. Favors a physically active school lifestyle for students. Data can be set and tracked for individual fitness.

Coach's Eye: Pros: Video recording of performance can be done at extreme length. – Gets visual input which can guide technique and form. Rapidly learns and remembers with slow-motion video and annotations.

TeamBuildr: Advantages: Offers customized and structured workouts. Displays student progress and gains. Perfect for sports teams and personal trainings.

MyFitnessPal: Benefits: Reminds kids about healthy eating and nutrition. Tracks food for students and calculates calories. Supplements exercise with an integrative view of health.

Seesaw and Toddle: Benefits: Allows students to capture their learning and revisit performances. Proximity of transferring student's progress to teachers and parents. An all-purpose tool for any kind of media documentation.

Strava: Features: Good app for GPS tracking of running, biking and so on. Encourages challenge and rankings. Offers social network feature for students and teachers to post success. Gives you real-time statistics on speed, distance and improvements.