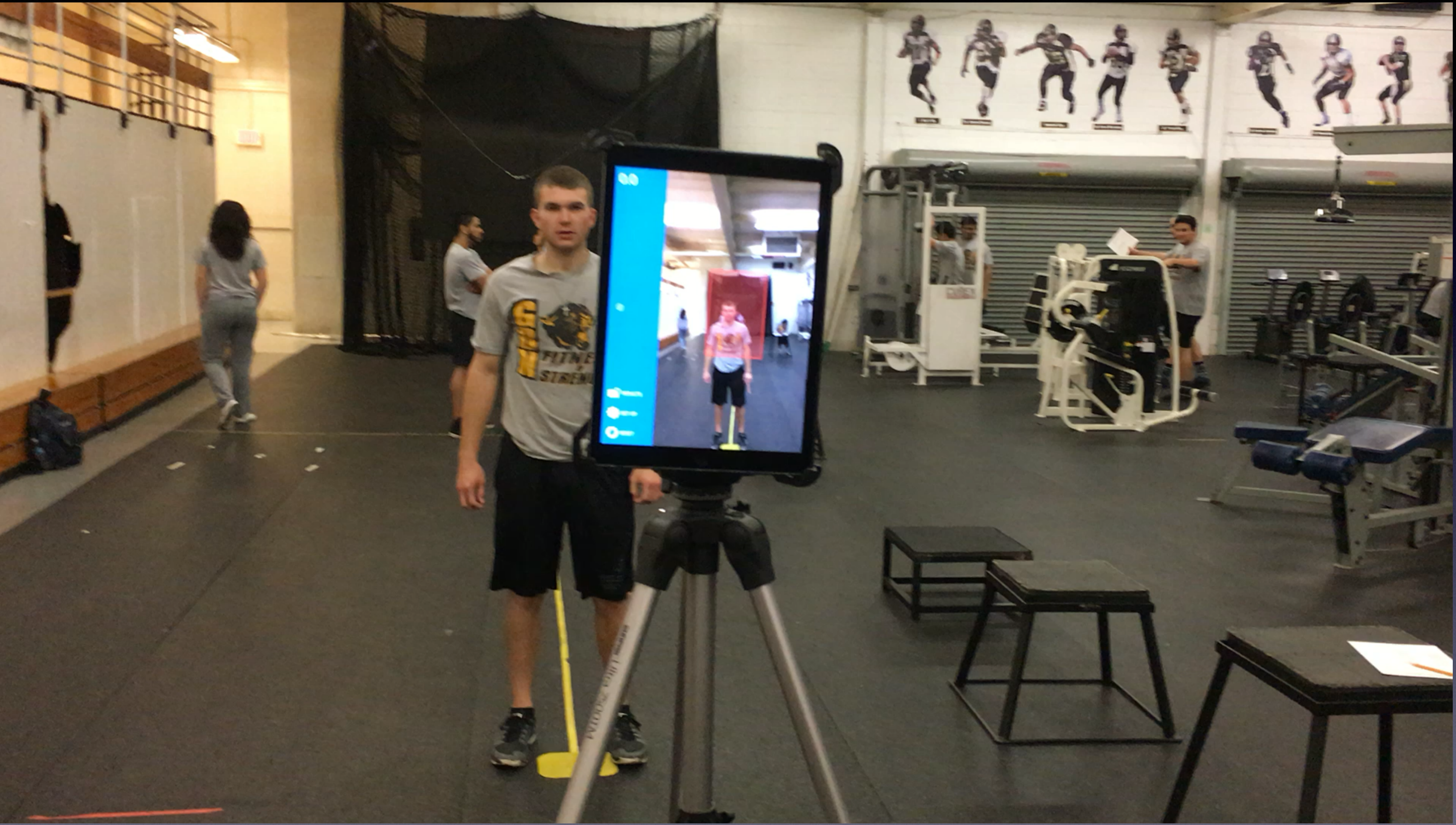
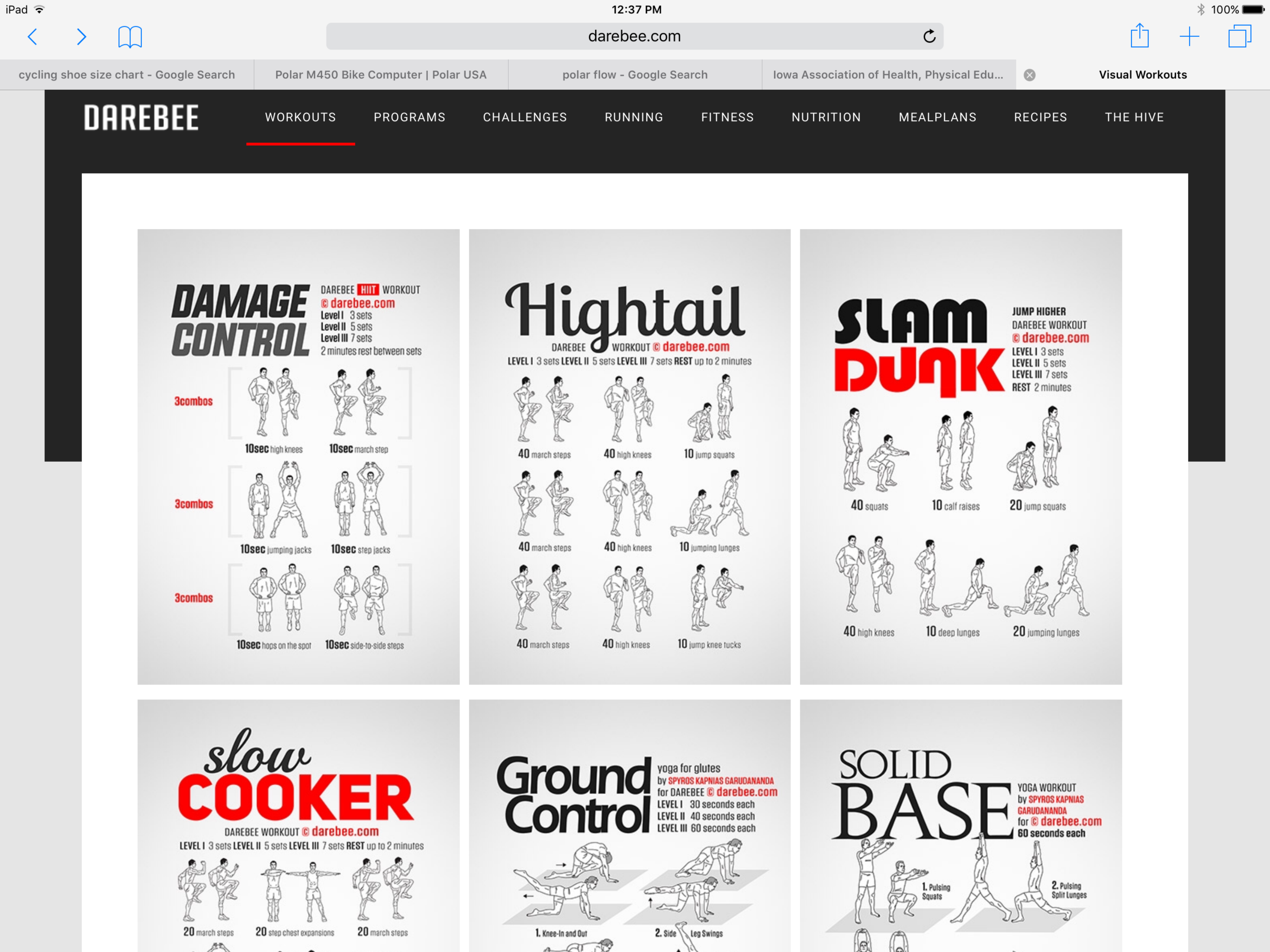
McHenry School District

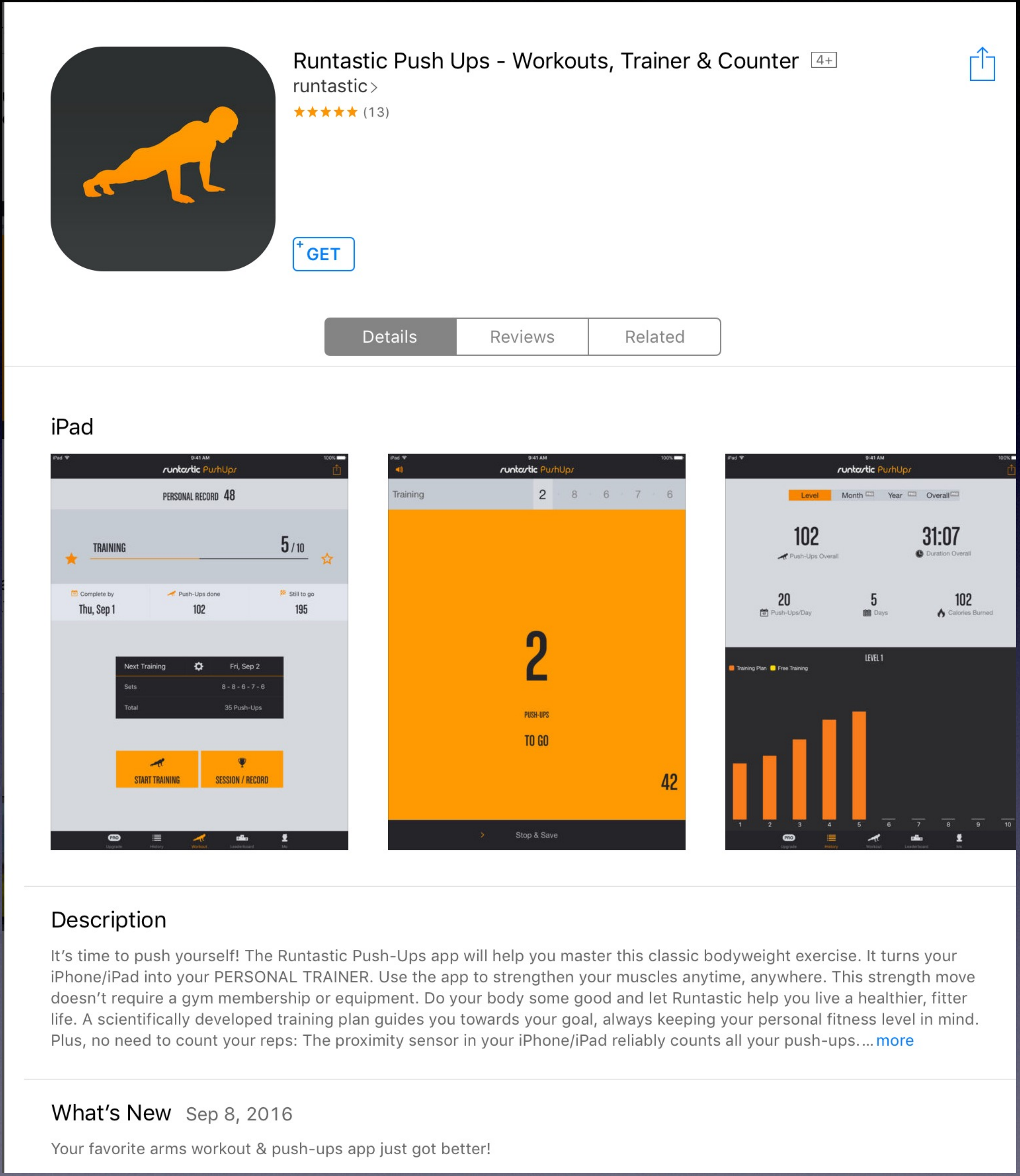
Technology in Physical Education

gary_heilers@glenbard.org

Jump Power




iPad
12:37 PM
100%
darebee.com
cycling shoe size chart - Google Search
Polar M450 Bike Computer | Polar USA
polar flow - Google Search
Iowa Association of Health, Physical Edu...
Visual Workouts
DAREBEE
WORKOUTS
PROGRAMS
CHALLENGES
RUNNING
FITNESS
NUTRITION
MEALPLANS
RECIPES
THE HIVE
DAMAGE CONTROL
DAREBEE HIIT WORKOUT
© darebee.com
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets
3combos
10sec high knees
10sec march step
3combos
10sec jumping jacks
10sec step jacks
3combos
10sec hops on the spot
10sec side-to-side steps
Hightail
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
40 march steps
40 high knees
10 jump squats
40 march steps
40 high knees
10 jumping lunges
40 march steps
40 high knees
10 jump knee tucks
SLAM DUNK
JUMP HIGHER
DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST 2 minutes
40 squats
10 calf raises
20 jump squats
40 high knees
10 deep lunges
20 jumping lunges
slow COOKER
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
20 march steps
20 step chest expansions
20 march steps
Ground Control
yoga for glutes
by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com
LEVEL I 30 seconds each
LEVEL II 40 seconds each
LEVEL III 60 seconds each
1. Knee-In and Out
2. Side Leg Swings
SOLID BASE
YOGA WORKOUT
by SPYROS KAPNIAS GARUDANANDA
for © darebee.com
60 seconds each
1. Pulsing Squats
2. Pulsing Split Lunges


4+
GET
Details
Reviews
Related
runtastic PushUps
PERSONAL RECORD 48
TRAINING 5/10
Complete by Thu, Sep 1
Push-Ups done 102
Still to go 195
Next Training Fri, Sep 2
Sets 8 - 8 - 6 - 7 - 6
Total 35 Push-Ups
START TRAINING
SESSION / RECORD
Training 2 8 6 7 6
2
PUSH-UPS
TO GO
42
Stop & Save
Level Month Year Overall
102 Push-Ups Overall
31:07 Duration Overall
20 Push-Ups/Day
5 Days
102 Calories Burned
LEVEL 1
Training Plan Free Training
1 2 3 4 5 6 7 8 9 10

Runtastic Push Ups - Workouts, Trainer & Counter

runtastic >

★★★★★ (13)

iPad

Description

It's time to push yourself! The Runtastic Push-Ups app will help you master this classic bodyweight exercise. It turns your iPhone/iPad into your PERSONAL TRAINER. Use the app to strengthen your muscles anytime, anywhere. This strength move doesn't require a gym membership or equipment. Do your body some good and let Runtastic help you live a healthier, fitter life. A scientifically developed training plan guides you towards your goal, always keeping your personal fitness level in mind. Plus, no need to count your reps: The proximity sensor in your iPhone/iPad reliably counts all your push-ups.… more

What's New Sep 8, 2016

Your favorite arms workout & push-ups app just got better!

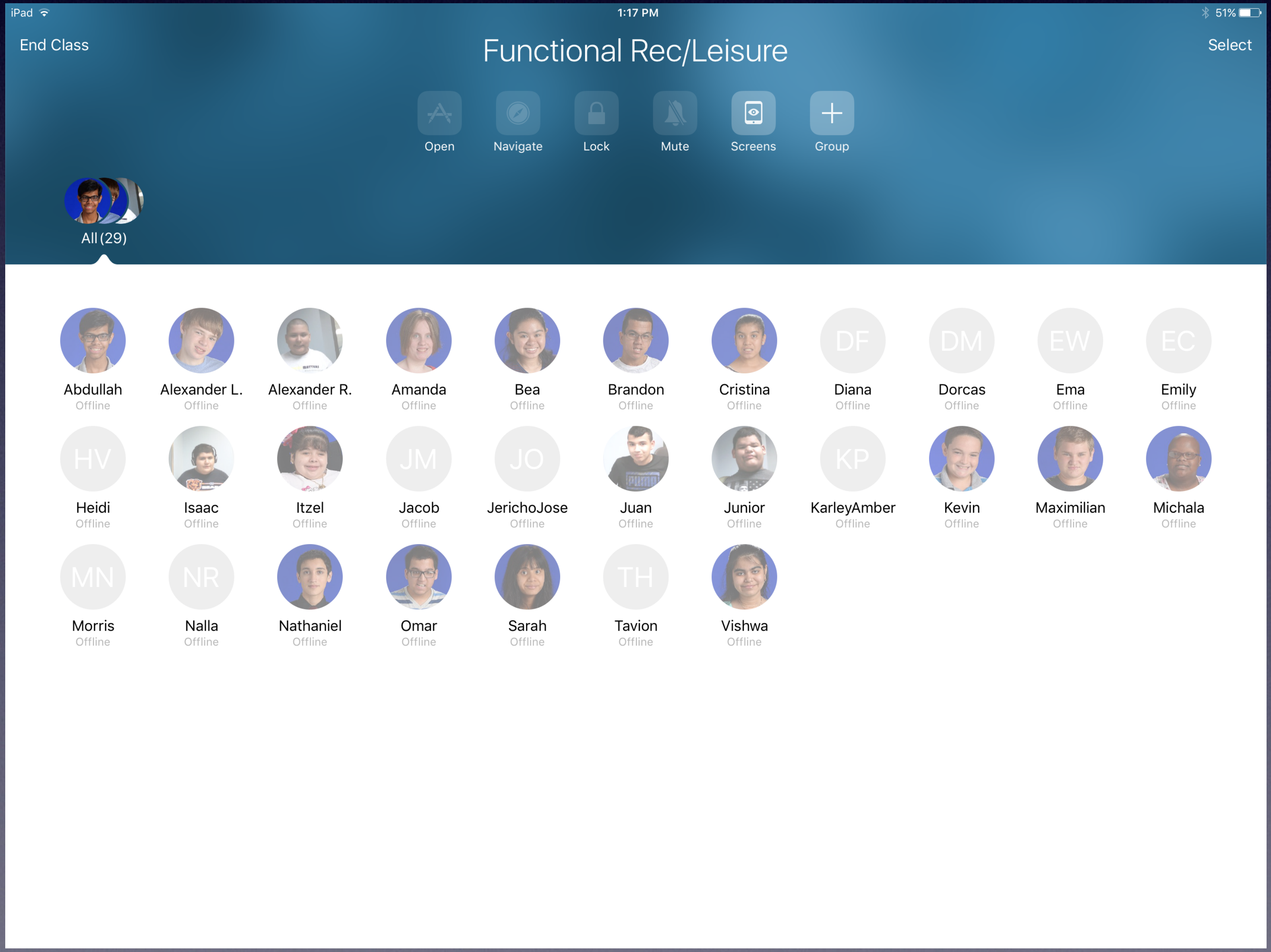
Push-Up Workouts

		Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
		1-4	5-10	11-15	16-21	22-29	30-60
Week 1	Day 1	2,3,2,2,3	4,5,4,4,5	6,7,6,6,7	12,13,12,12	18,19,18,19	27,30,27,30
	Day 2	2,3,2,2,4	4,5,4,4,6	6,7,6,6,8	12,13,12,14	18,19,18,20	27,30,27,31
	Day 3	2,3,2,2,5	4,5,4,4,7	6,7,6,6,9	12,13,12,15	18,19,18,21	27,30,27,32
Week 2	Day 1	3,4,3,3,6	5,6,5,5,8	7,8,7,7,10	13,14,14,16	19,20,19,22	28,30,28,33
	Day 2	3,4,3,3,7	5,6,5,5,9	7,8,7,7,11	13,14,14,17	19,20,19,23	28,30,28,34
	Day 3	3,4,3,3,8	5,6,5,5,10	7,8,7,7,12	13,14,14,18	19,20,19,24	28,30,28,34
Week 3	Day 1	4,5,4,4,9	6,7,6,6,11	8,9,8,8,13	14,15,13,19	20,21,20,25	30,31,35
	Day 2	4,5,4,4,10	6,7,6,6,12	8,9,8,8,14	14,15,13,20	20,21,20,26	30,31,30,36
	Day 3	4,5,4,4,11	6,7,6,6,13	8,9,8,8,15	14,15,13,21	20,21,20,27	30,31,30,37
Week 4	Day 1	5,6,5,5,12	7,8,7,7,14	9,10,9,9,16	15,16,15,22	21,22,21,28	31,32,31,38
	Day 2	5,6,5,5,13	7,8,7,7,15	9,10,9,9,17	15,16,15,23	21,22,21,29	31,32,31,39
	Day 3	5,6,5,5,14	7,8,7,7,16	9,10,9,9,18	15,16,15,24	21,22,21,30	31,32,31,40

Danielson Connection

- 1b- Knowledge of Students
- 1e- Designing coherent instruction
- 1f- Designing student assessment
- 2c- Managing classroom procedures
- 2d- Managing Student Behavior
- 2e- Organizing physical space
- 3d- providing feedback to students
- 4e- Growing and developing professionally. (Action research)

Apple Classroom


iPad
1:17 PM
51%
End Class
Select
Open
Navigate
Lock
Mute
Screens
Group
All (29)
DF
DM
EW
EC
HV
JM
JO
KP
MN
NR
TH

Functional Rec/Leisure

Abdullah Offline
Alexander L. Offline
Alexander R. Offline
Amanda Offline
Bea Offline
Brandon Offline
Cristina Offline
Diana Offline
Dorcas Offline
Ema Offline
Emily Offline
Heidi Offline
Isaac Offline
Itzel Offline
Jacob Offline
JerichoJose Offline
Juan Offline
Junior Offline
KarleyAmber Offline
Kevin Offline
Maximilian Offline
Michala Offline
Morris Offline
Nalla Offline
Nathaniel Offline
Omar Offline
Sarah Offline
Tavion Offline
Vishwa Offline

Bam Video Delay

Glenbard North Physical Education

BACK SQUAT RUBRIC

Name: ______________________________

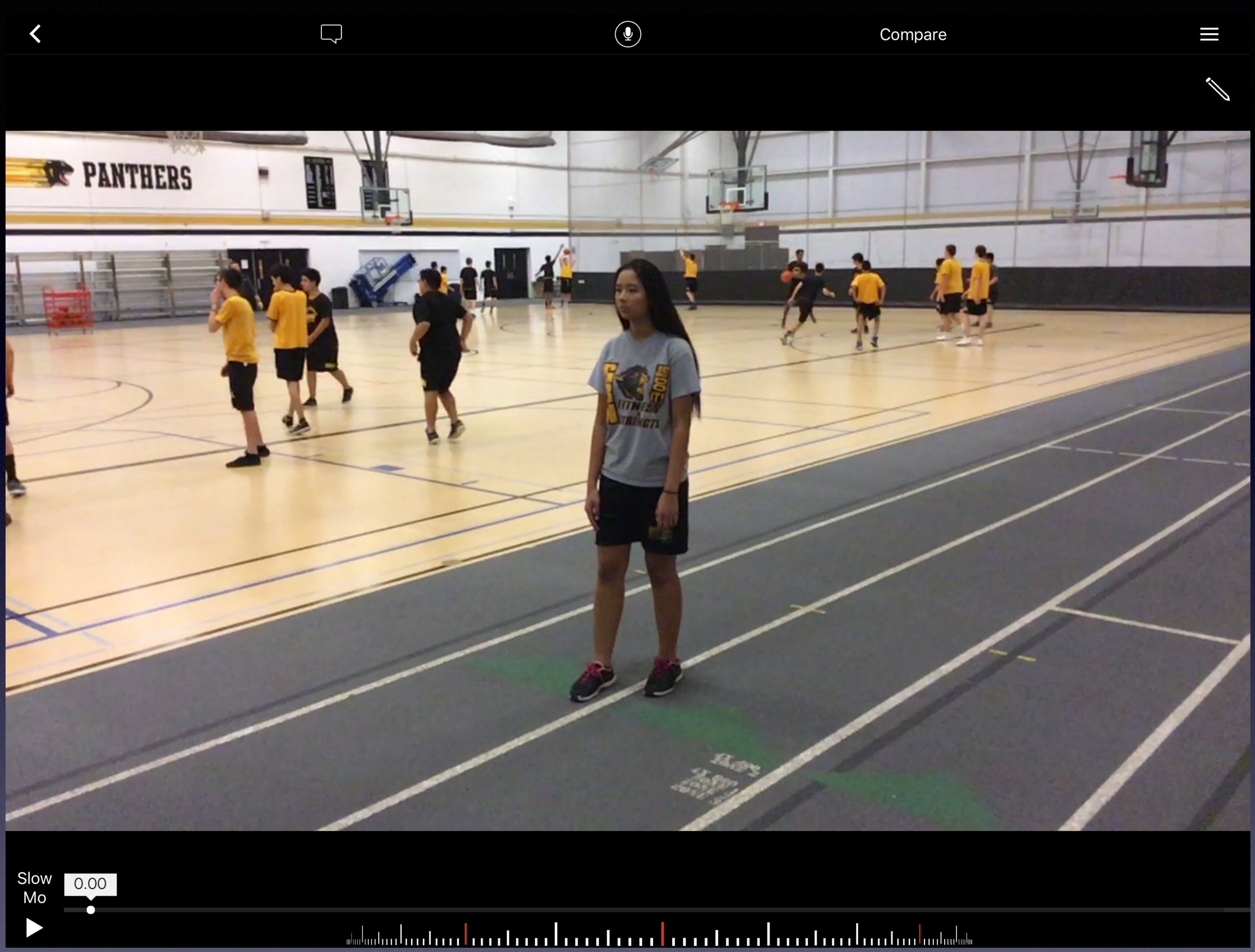
	BASIC 1-2	***DEVELOPING 3***	***PROFICIENT 4***	***ADVANCED 5***	***SCORE***
STANCE	Feet are not shoulder width apart.	Feet are shoulder width apart.	Feet are shoulder width apart, toes point straight ahead.	Feet a little wider than shoulder width apart with toes pointing out.	
EYES	Eyes are not looking up.	Eyes are looking straight ahead.	Eyes are looking up for part of the lift.	Eyes are looking up throughout the entire lift.	
BACK	Back is rounded and not straight.	Back is straight with signs of rounding.	Back is straight.	Backi s straight with signs of little arching.	
ALIGNMENT	* Knees out in front of toes * Weight on your toes * Shoulders out in front of your hips	* Knees are only slightly in front of toes * Weight is not even among your feet	Weight is mostly on your heals.	• Shoulders in line with hips • Knees in line with toes • Weight on Heels	
DEPTH	The depth of the lift is only a slight bend in the knees.	The depth of the lift is a bend of the knees.	The depth of the lift is close, but not quite beyond 90 degrees.	The depth of the lift should be a little further than 90 degrees.	
SPEED	Finish the lift as quickly as possible.	Lift takes 2 seconds on the way down and 2 seconds on the way up.	The lift takes three seconds on the way down, but come up as quickly as possible.	The lift should take 3 seconds on the way down and 3 seconds on the way back up.	

Total =

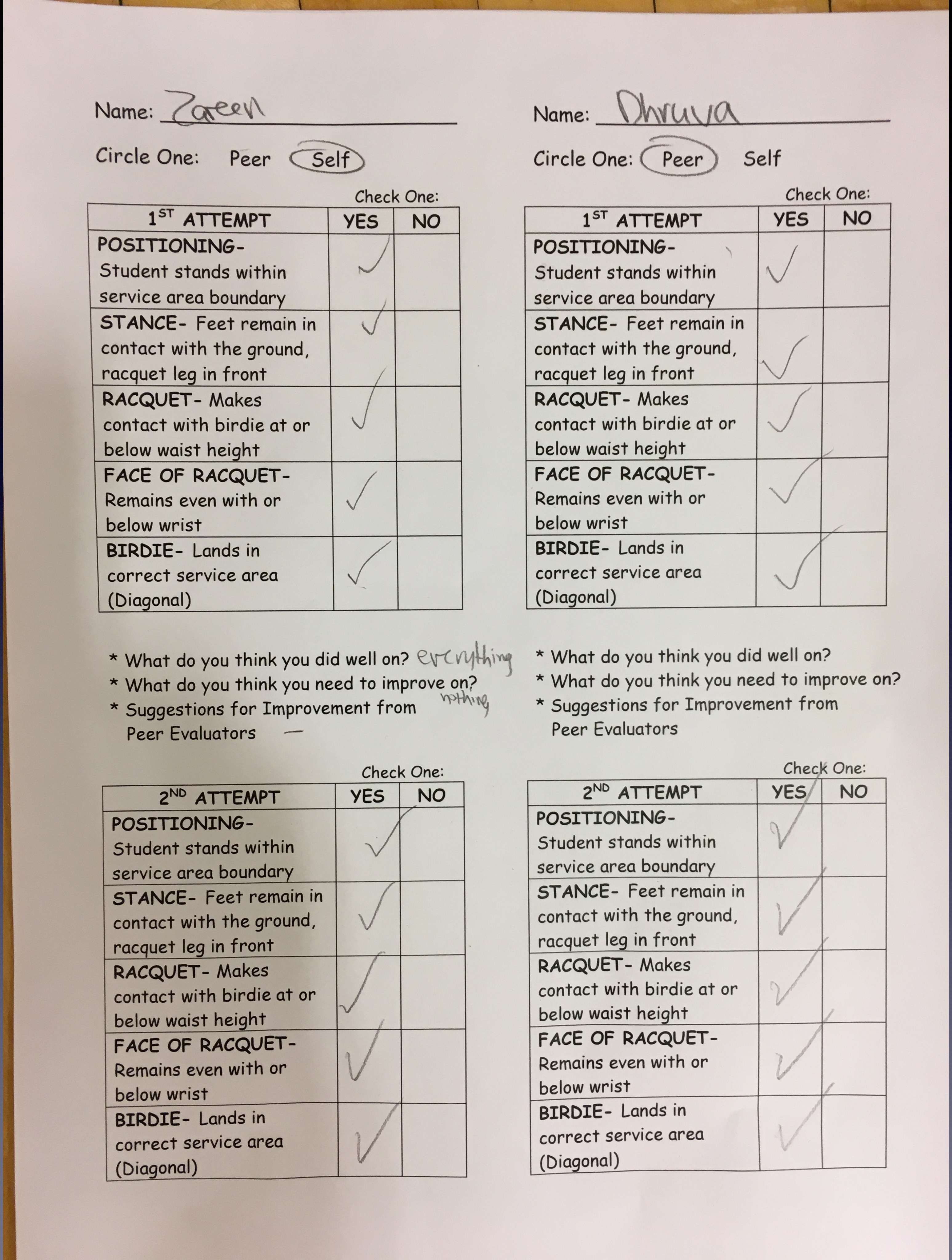
GBN

Danielson

- 1a, 1b, 1c, 1e, 1 f
- 2b - Culture for learning
- 2e - Organizing physical space.
- 3c- Engaging student in learning
- 3d - Providing feedback to students


Compare
PANTHERS
Slow Mo
0.00

hudltechnique



Name: Zareen

Circle One: Peer [✓ Self]

Check One:

1ST ATTEMPT	YES	NO
POSITIONING- Student stands within service area boundary	✓	
STANCE- Feet remain in contact with the ground, racquet leg in front	✓	
RACQUET- Makes contact with birdie at or below waist height	✓	
FACE OF RACQUET- Remains even with or below wrist	✓	
BIRDIE- Lands in correct service area (Diagonal)	✓	

- * What do you think you did well on? everything
- * What do you think you need to improve on? nothing
- * Suggestions for Improvement from Peer Evaluators —

Check One:

2ND ATTEMPT	YES	NO
POSITIONING- Student stands within service area boundary	✓	
STANCE- Feet remain in contact with the ground, racquet leg in front	✓	
RACQUET- Makes contact with birdie at or below waist height	✓	
FACE OF RACQUET- Remains even with or below wrist	✓	
BIRDIE- Lands in correct service area (Diagonal)	✓	

Name: Dhruva

Circle One: [✓ Peer] Self

Check One:

1ST ATTEMPT	YES	NO
POSITIONING- Student stands within service area boundary	✓	
STANCE- Feet remain in contact with the ground, racquet leg in front	✓	
RACQUET- Makes contact with birdie at or below waist height	✓	
FACE OF RACQUET- Remains even with or below wrist	✓	
BIRDIE- Lands in correct service area (Diagonal)	✓	

- * What do you think you did well on?
- * What do you think you need to improve on?
- * Suggestions for Improvement from Peer Evaluators

Check One:

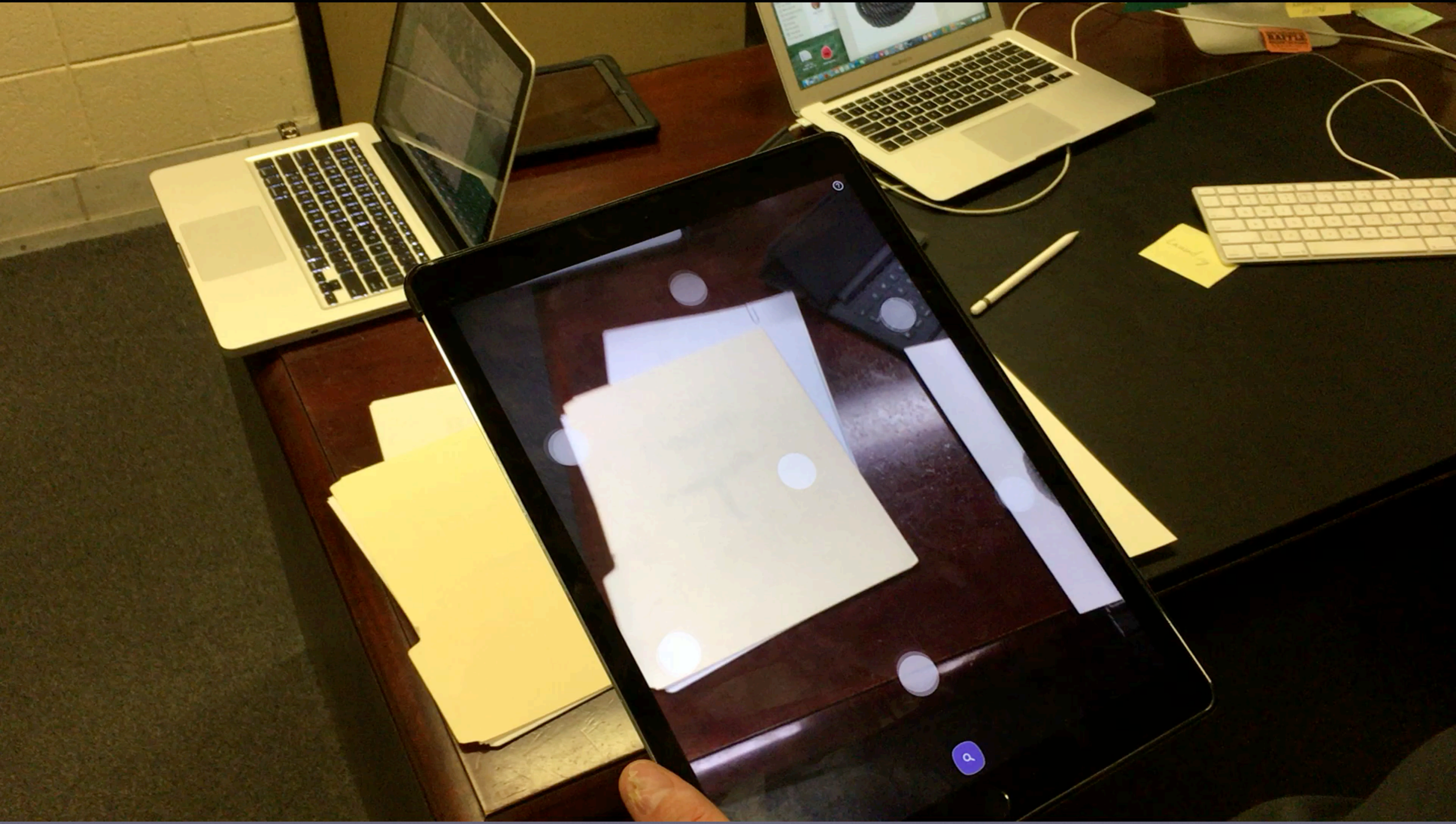
2ND ATTEMPT	YES	NO
POSITIONING- Student stands within service area boundary	✓	
STANCE- Feet remain in contact with the ground, racquet leg in front	✓	
RACQUET- Makes contact with birdie at or below waist height	✓	
FACE OF RACQUET- Remains even with or below wrist	✓	
BIRDIE- Lands in correct service area (Diagonal)	✓	

State Standards

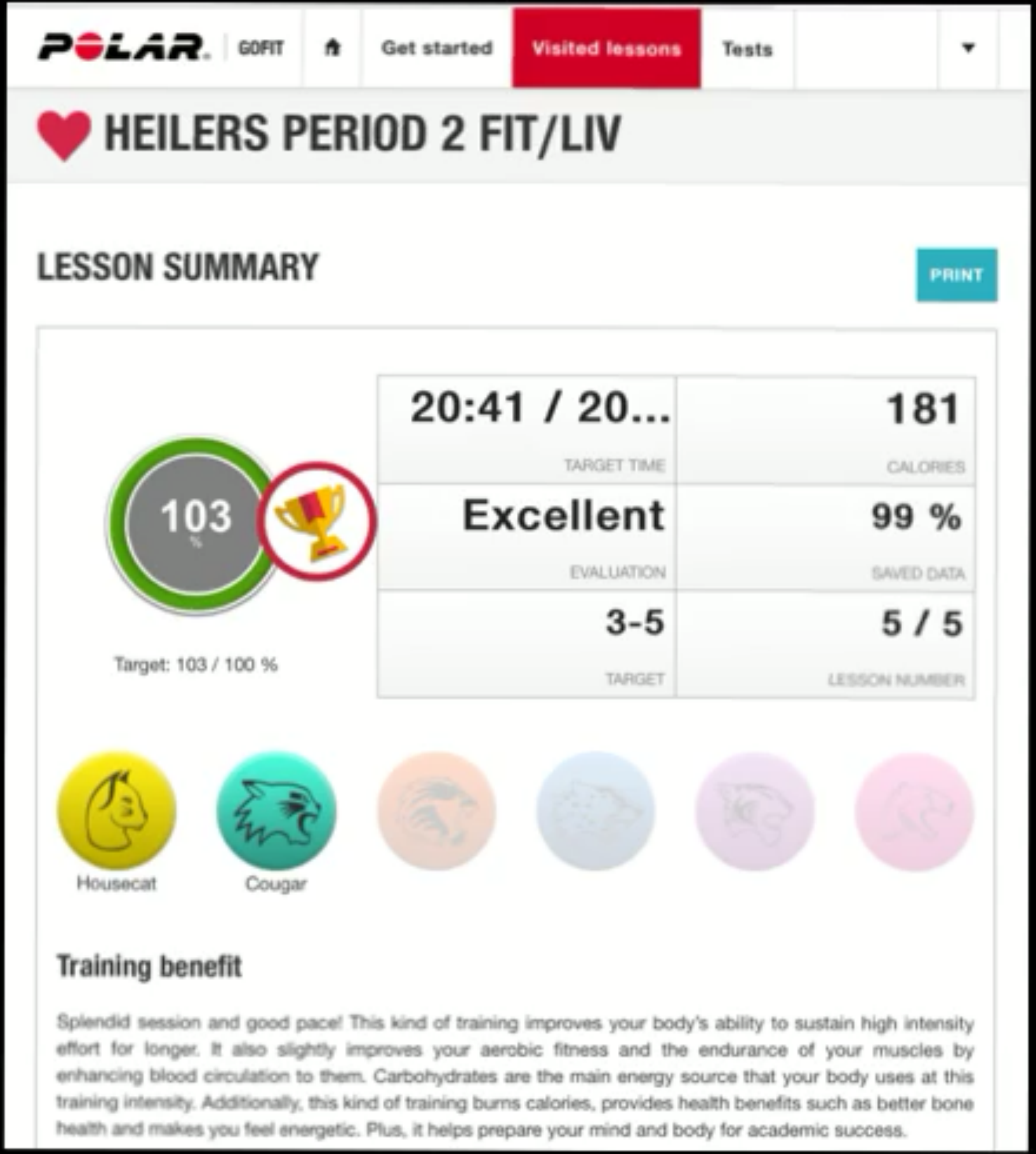
- 19A - Analyze personal performance for effective movement.
- 19B- Observe and critique a performance of a classmate and identify level of efficiency of the performance.

AURASMA

Station 1
Hard



Explain Everything


POLAR
GOFIT
Get started
Visited lessons
Tests
PRINT
103
%
Housecat
Cougar

HEILERS PERIOD 2 FIT/LIV

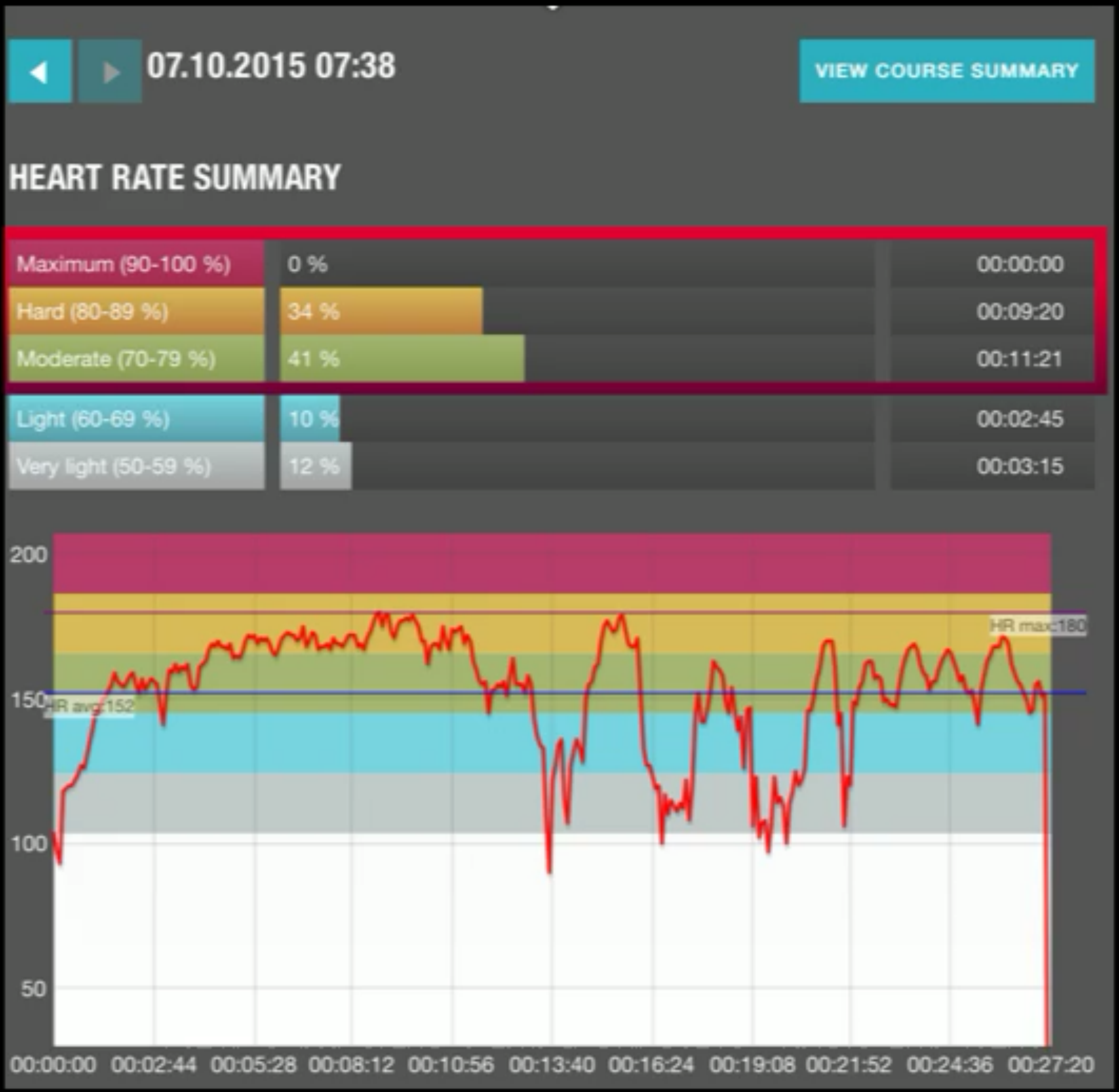
LESSON SUMMARY

Target: 103 / 100 %

20:41 / 20... TARGET TIME	181 CALORIES
Excellent EVALUATION	99 % SAVED DATA
3-5 TARGET	5 / 5 LESSON NUMBER

Training benefit

Splendid session and good pace! This kind of training improves your body's ability to sustain high intensity effort for longer. It also slightly improves your aerobic fitness and the endurance of your muscles by enhancing blood circulation to them. Carbohydrates are the main energy source that your body uses at this training intensity. Additionally, this kind of training burns calories, provides health benefits such as better bone health and makes you feel energetic. Plus, it helps prepare your mind and body for academic success.


VIEW COURSE SUMMARY
200
150
100
50
HR max:180
HR avg:152
00:00:00
00:02:44
00:05:28
00:08:12
00:10:56
00:13:40
00:16:24
00:19:08
00:21:52
00:24:36
00:27:20

07.10.2015 07:38

HEART RATE SUMMARY

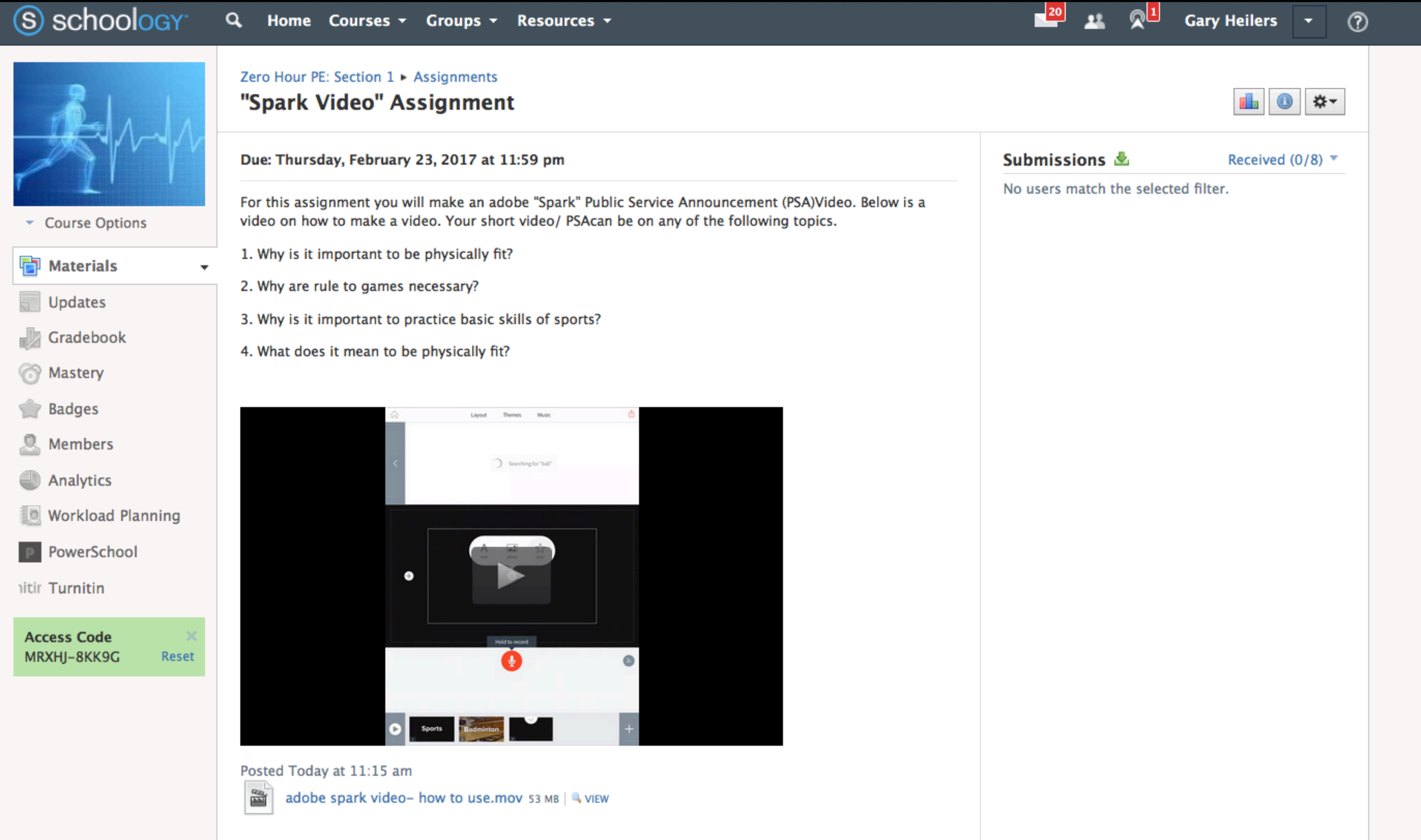
Maximum (90-100 %)	0 %	00:00:00
Hard (80-89 %)	34 %	00:09:20
Moderate (70-79 %)	41 %	00:11:21
Light (60-69 %)	10 %	00:02:45
Very light (50-59 %)	12 %	00:03:15

Sp
Adobe Spark

Adobe Spark Video

Schoology

LMS- Learning Management System


schoology
Home
Courses
Groups
Resources
20
1
Gary Heilers
Course Options
Materials
Updates
Gradebook
Mastery
Badges
Members
Analytics
Workload Planning
PowerSchool
Turnitin
Layout
Themes
Music
Hold to record
Sports
Badminton
VIEW

Access Code
MRXHJ-8KK9G Reset

Zero Hour PE: Section 1 ▸ Assignments

"Spark Video" Assignment

Due: Thursday, February 23, 2017 at 11:59 pm

For this assignment you will make an adobe "Spark" Public Service Announcement (PSA)Video. Below is a video on how to make a video. Your short video/ PSAcan be on any of the following topics.

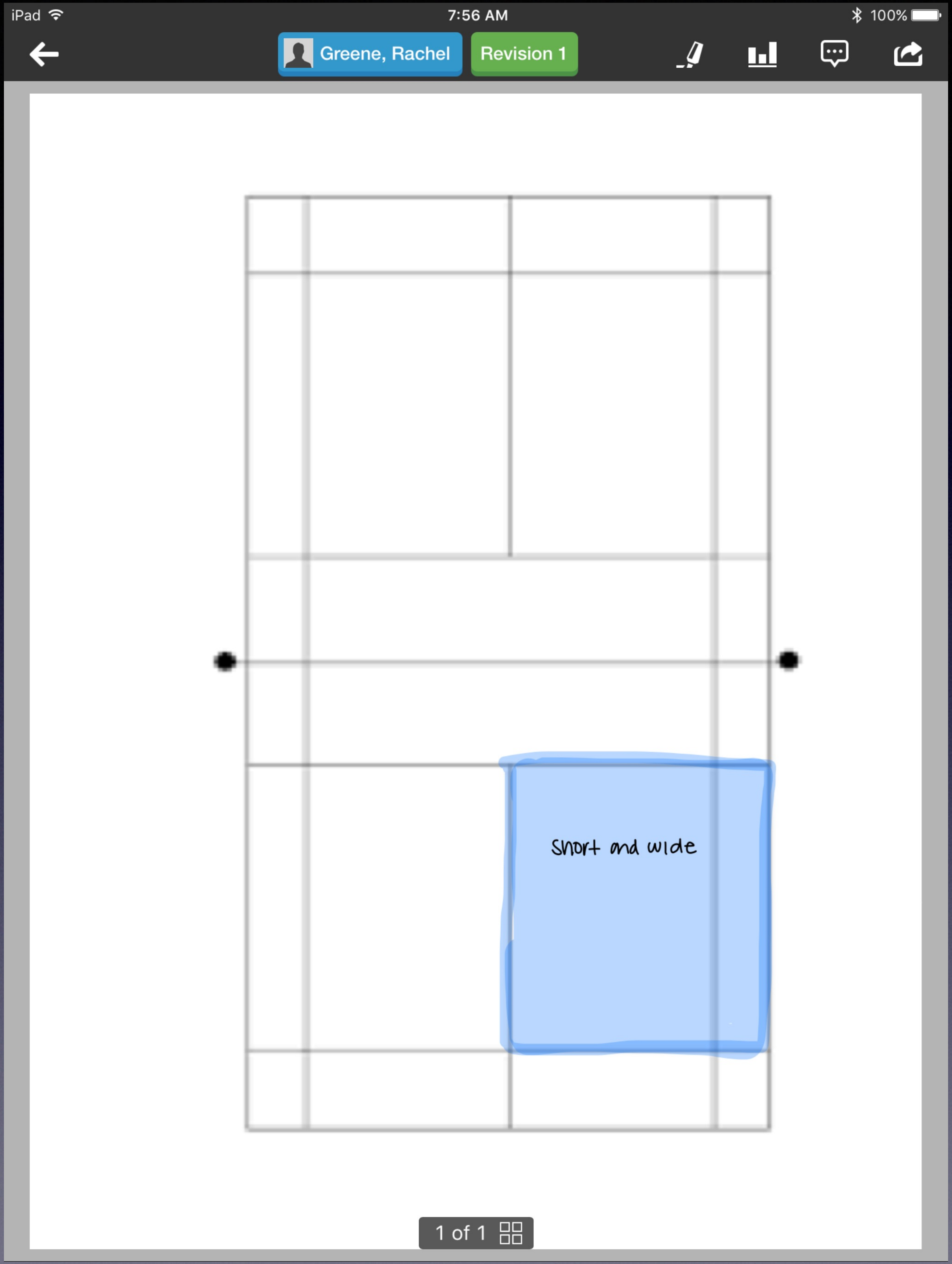
1. Why is it important to be physically fit?
2. Why are rule to games necessary?
3. Why is it important to practice basic skills of sports?
4. What does it mean to be physically fit?

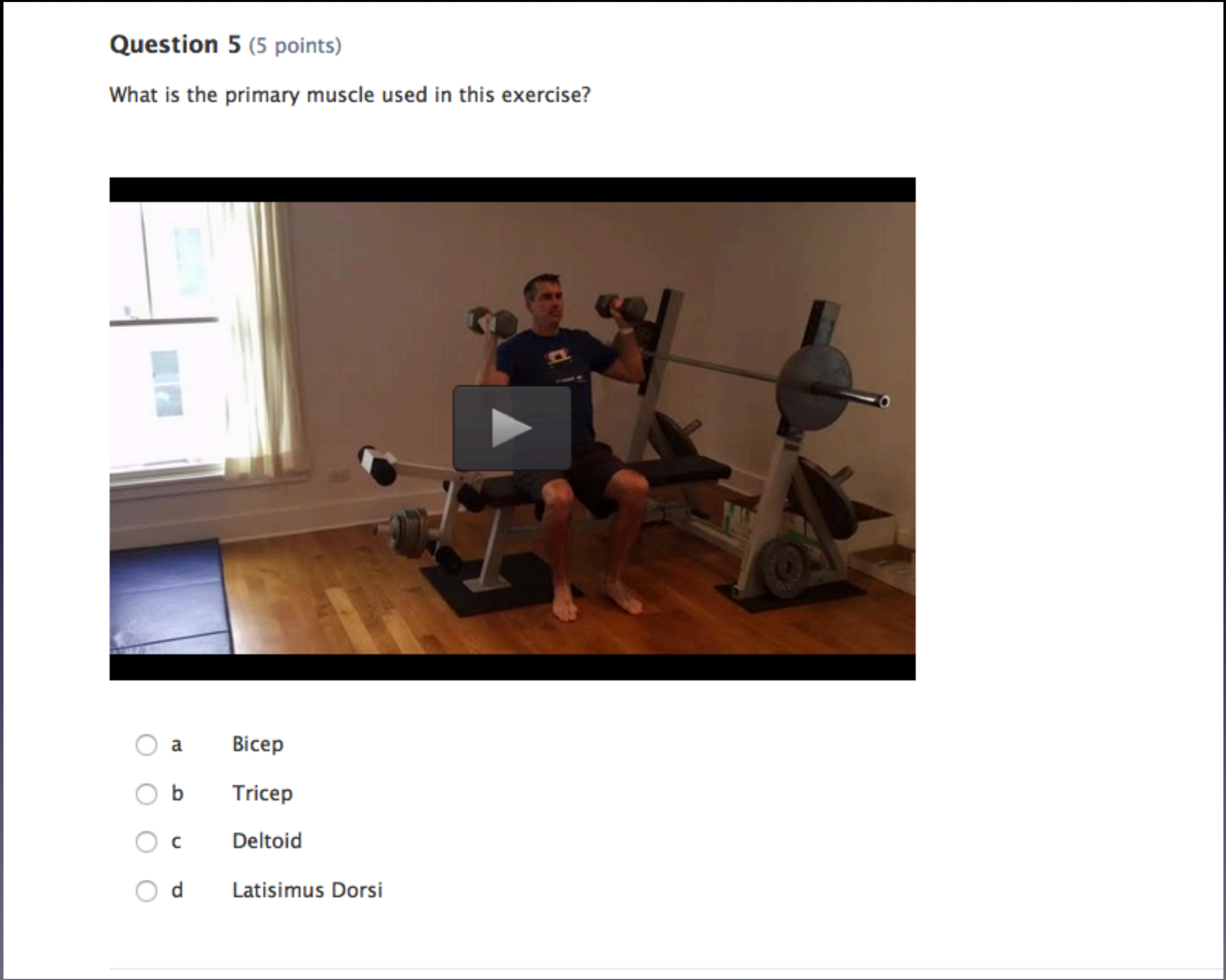
Posted Today at 11:15 am

adobe spark video- how to use.mov 53 MB | VIEW

Submissions Received (0/8)

No users match the selected filter.


iPad
7:56 AM
100%
Greene, Rachel
Revision 1
Short and wide
1 of 1



Question 5 (5 points)

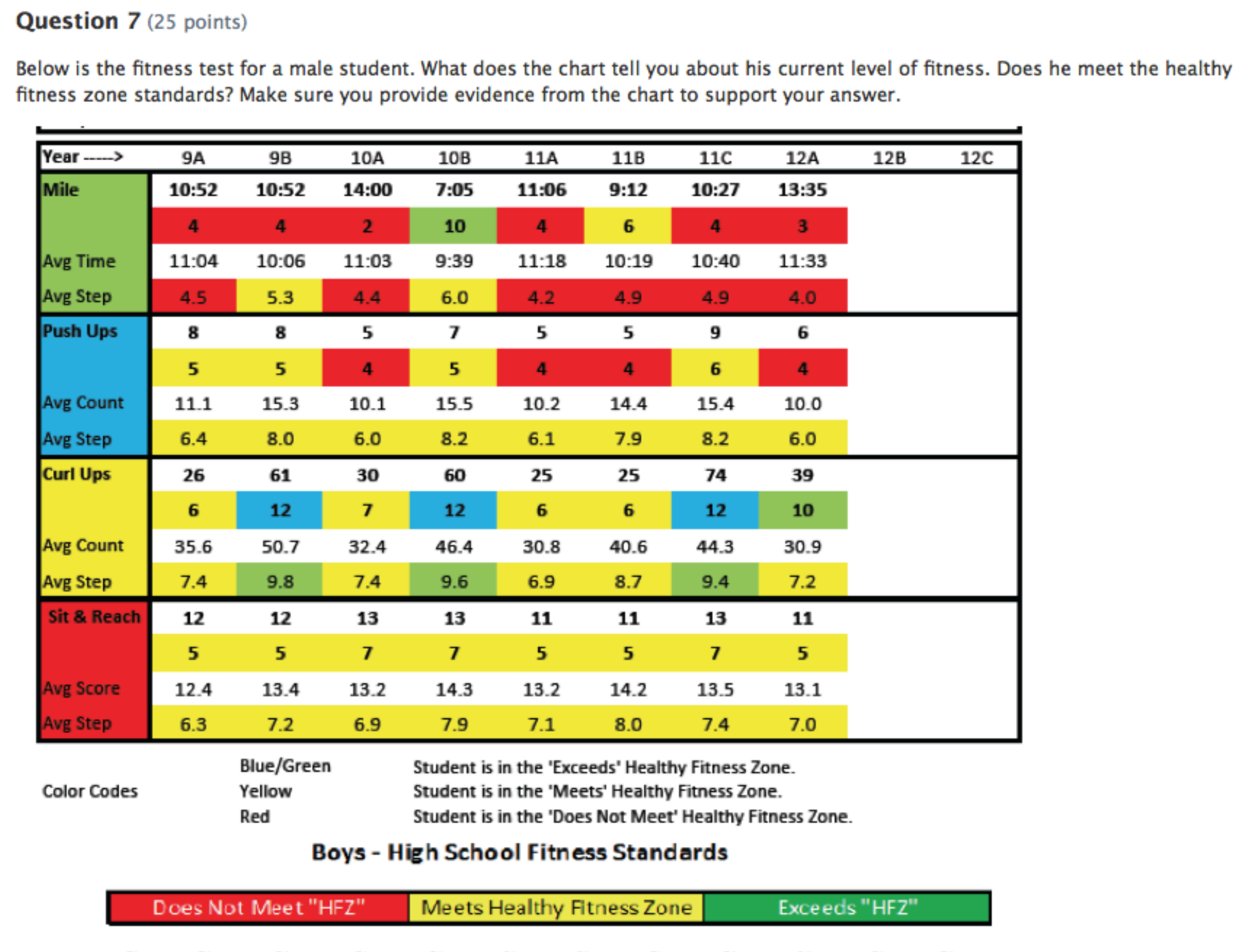
What is the primary muscle used in this exercise?

○ a Bicep

○ b Tricep

○ c Deltoid

○ d Latisimus Dorsi



Question 7 (25 points)

Below is the fitness test for a male student. What does the chart tell you about his current level of fitness. Does he meet the healthy fitness zone standards? Make sure you provide evidence from the chart to support your answer.

Year ----->	9A	9B	10A	10B	11A	11B	11C	12A	12B	12C
Mile	**10:52**	**10:52**	**14:00**	**7:05**	**11:06**	**9:12**	**10:27**	**13:35**		
	4	4	2	10	4	6	4	3		
Avg Time	11:04	10:06	11:03	9:39	11:18	10:19	10:40	11:33		
Avg Step	4.5	5.3	4.4	6.0	4.2	4.9	4.9	4.0		
Push Ups	**8**	**8**	**5**	**7**	**5**	**5**	**9**	**6**		
	5	5	4	5	4	4	6	4		
Avg Count	11.1	15.3	10.1	15.5	10.2	14.4	15.4	10.0		
Avg Step	6.4	8.0	6.0	8.2	6.1	7.9	8.2	6.0		
Curl Ups	**26**	**61**	**30**	**60**	**25**	**25**	**74**	**39**		
	6	12	7	12	6	6	12	10		
Avg Count	35.6	50.7	32.4	46.4	30.8	40.6	44.3	30.9		
Avg Step	7.4	9.8	7.4	9.6	6.9	8.7	9.4	7.2		
Sit & Reach	**12**	**12**	**13**	**13**	**11**	**11**	**13**	**11**		
	5	5	7	7	5	5	7	5		
Avg Score	12.4	13.4	13.2	14.3	13.2	14.2	13.5	13.1		
Avg Step	6.3	7.2	6.9	7.9	7.1	8.0	7.4	7.0		

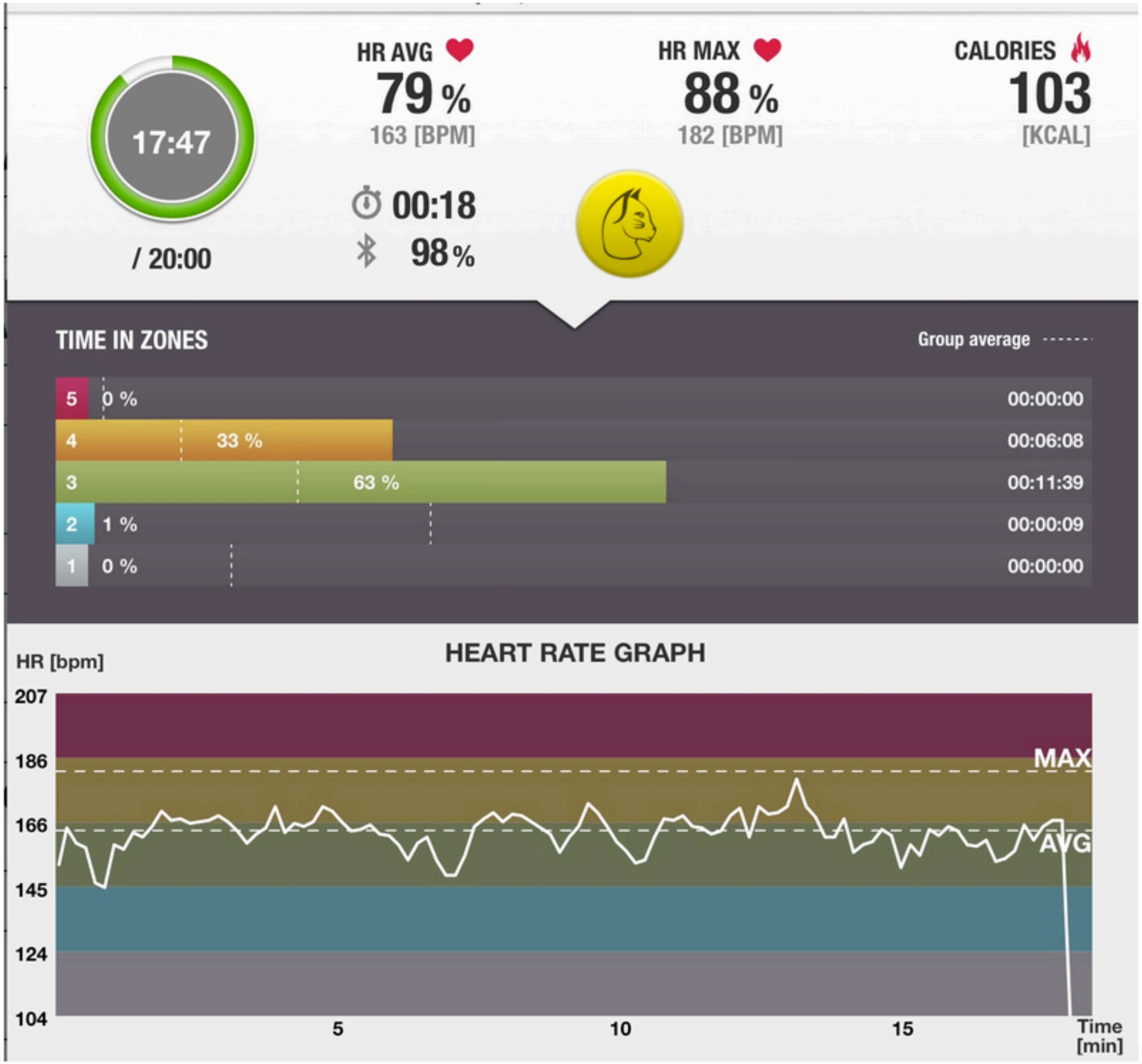
	Blue/Green	Student is in the 'Exceeds' Healthy Fitness Zone.
Color Codes	Yellow	Student is in the 'Meets' Healthy Fitness Zone.
	Red	Student is in the 'Does Not Meet' Healthy Fitness Zone.

Boys - High School Fitness Standards

Does Not Meet "HFZ"	Meets Healthy Fitness Zone	Exceeds "HFZ"

Question 10 (25 points)

Study the Polar Gofit heart rate information from below. In the space provided explain what you can about the effectiveness of the wrokout. Be specific and use evidence from the image to back up your findings.



17:47

/ 20:00

HR AVG

79 %

163 [BPM]

HR MAX

88 %

182 [BPM]

CALORIES

103

[KCAL]

00:18

98 %

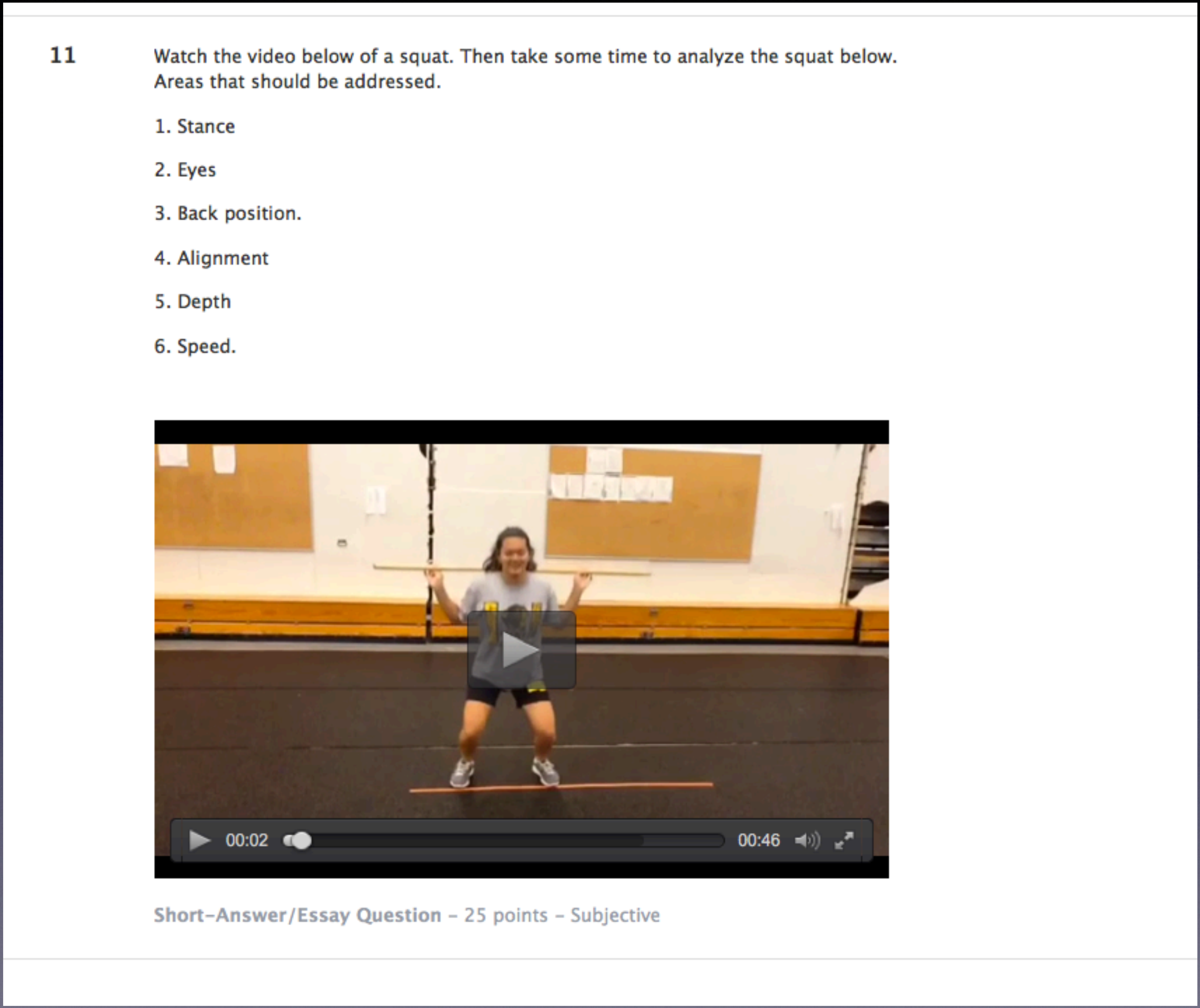
TIME IN ZONES

Group average

5	0 %	00:00:00
4	33 %	00:06:08
3	63 %	00:11:39
2	1 %	00:00:09
1	0 %	00:00:00

HEART RATE GRAPH

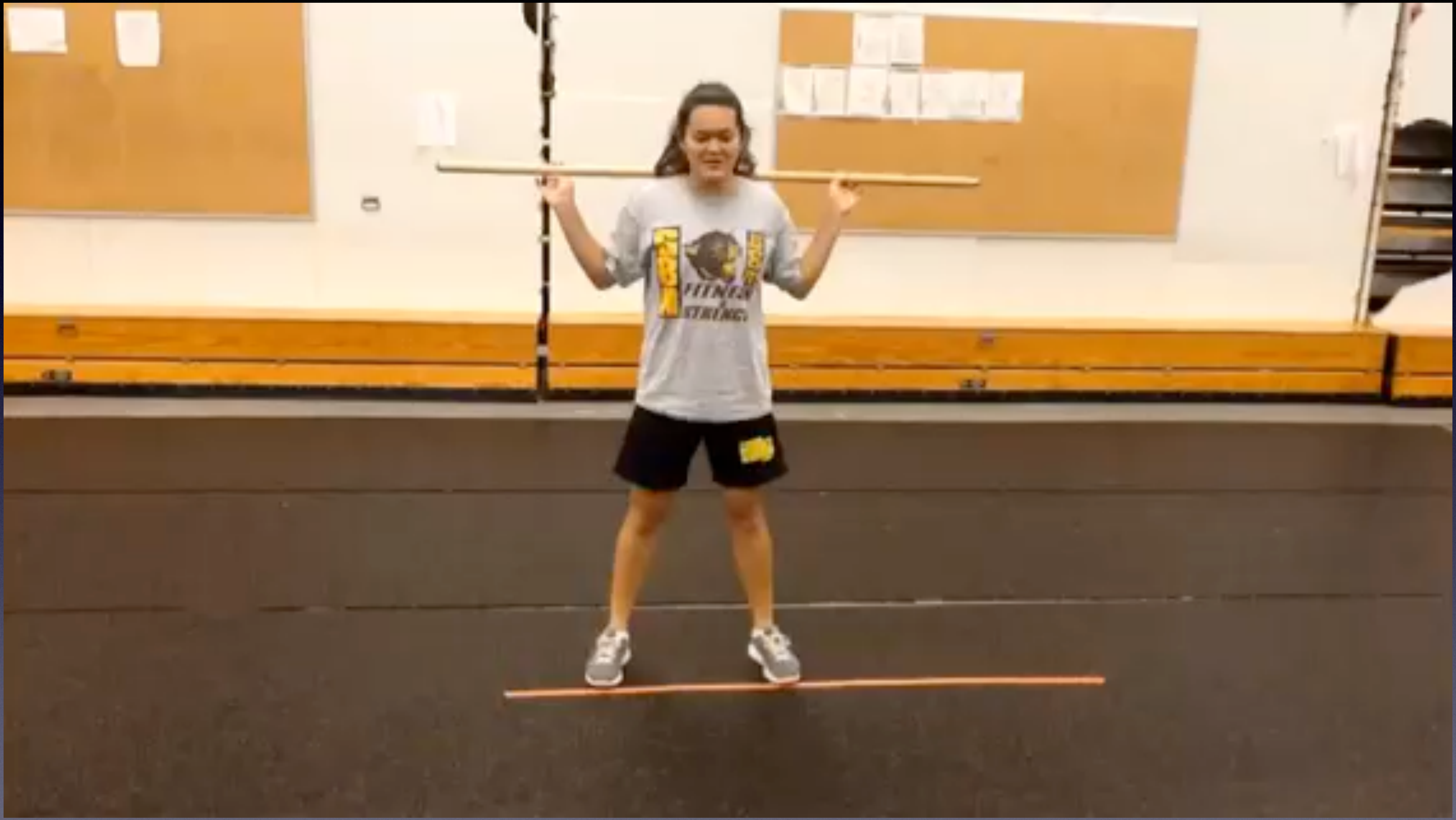
HR [bpm]
207
186
166
145
124
104
MAX
AVG
5
10
15
Time [min]



11 Watch the video below of a squat. Then take some time to analyze the squat below. Areas that should be addressed.

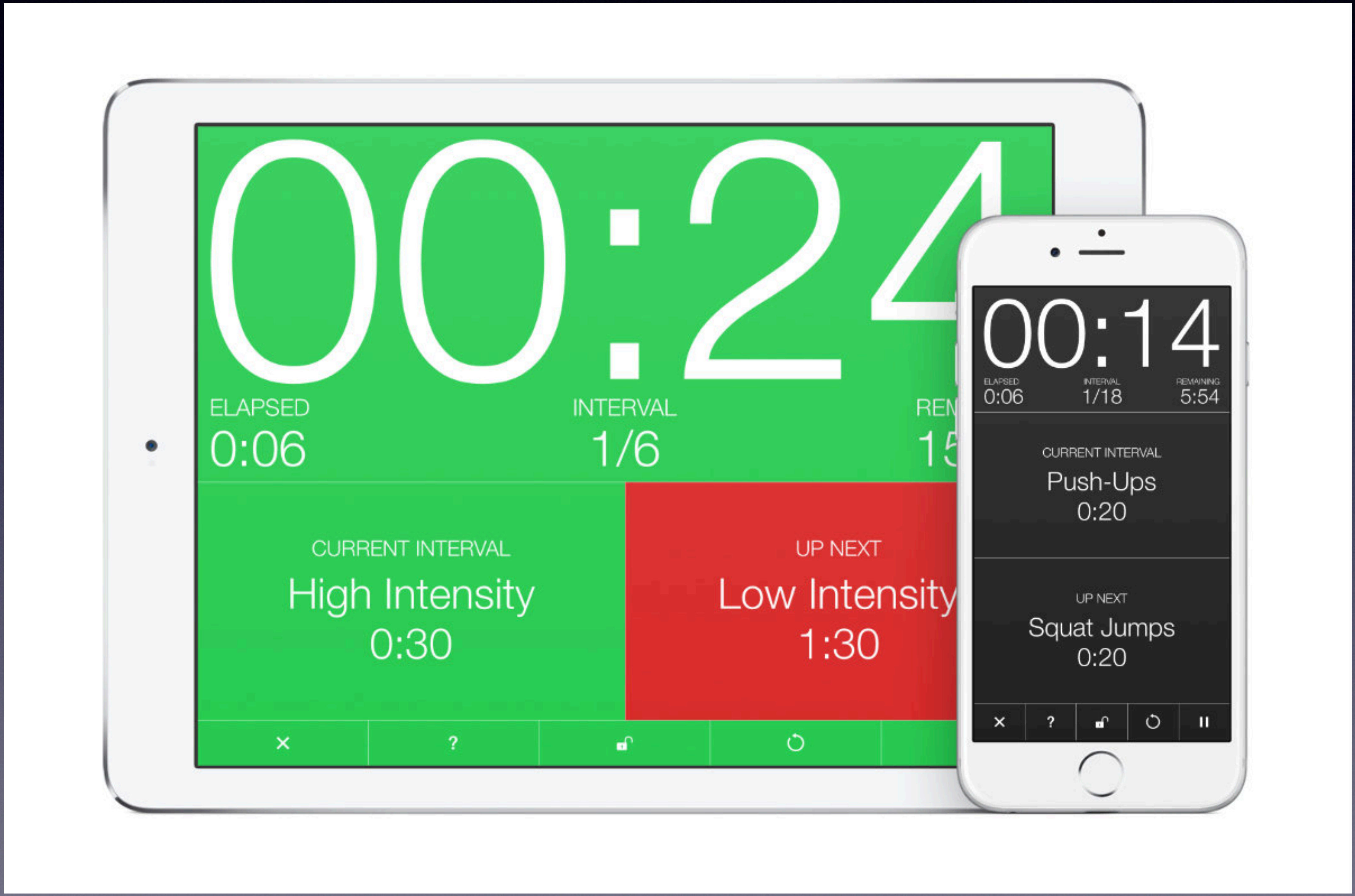
1. Stance
2. Eyes
3. Back position.
4. Alignment
5. Depth
6. Speed.

Short-Answer/Essay Question – 25 points – Subjective



iPad
15:12
55 %
NOTABILITY

Seconds Pro



00:24

ELAPSED
0:06

INTERVAL
1/6

CURRENT INTERVAL
High Intensity
0:30

UP NEXT
Low Intensity
1:30

00:14

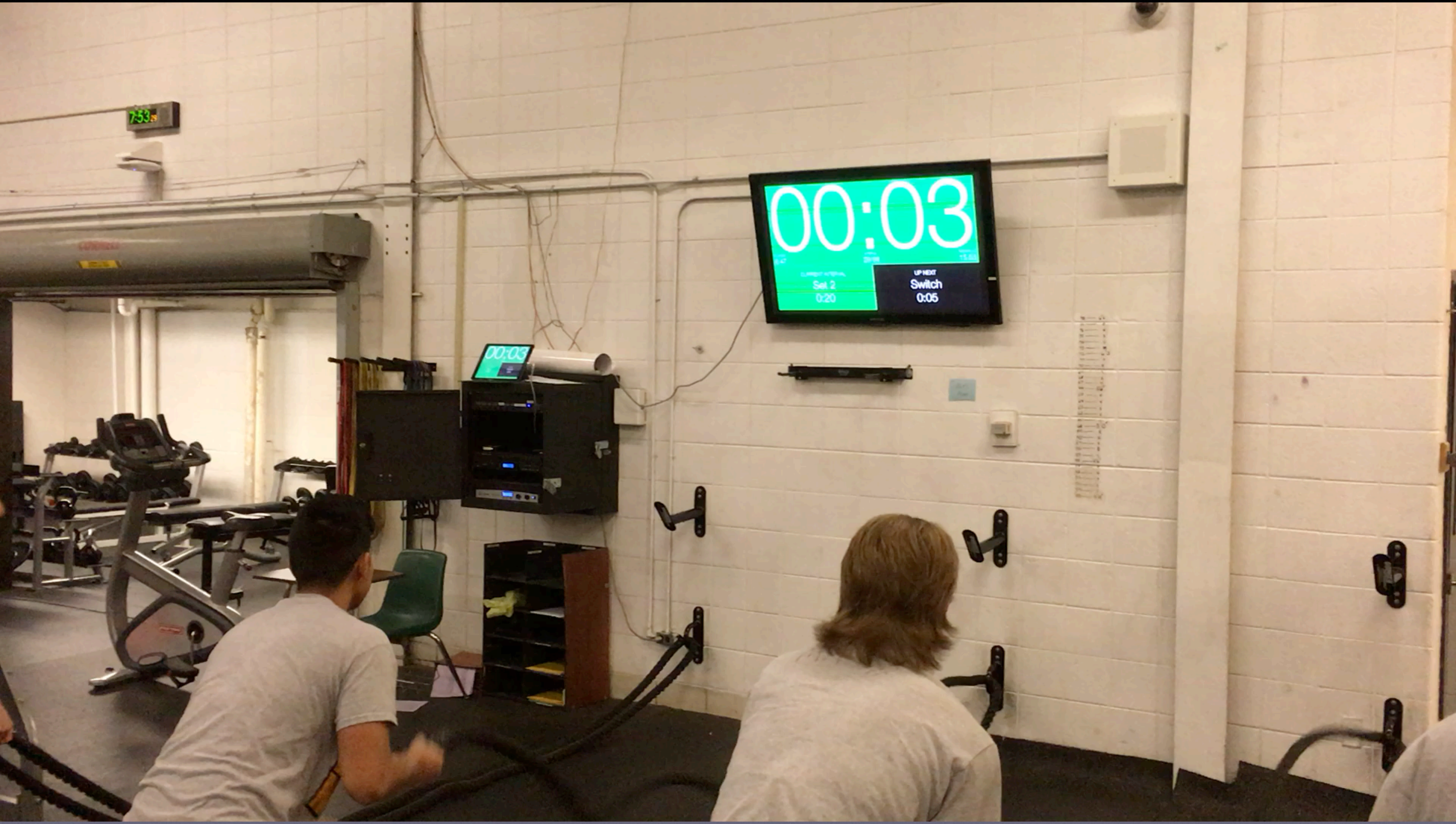
ELAPSED
0:06

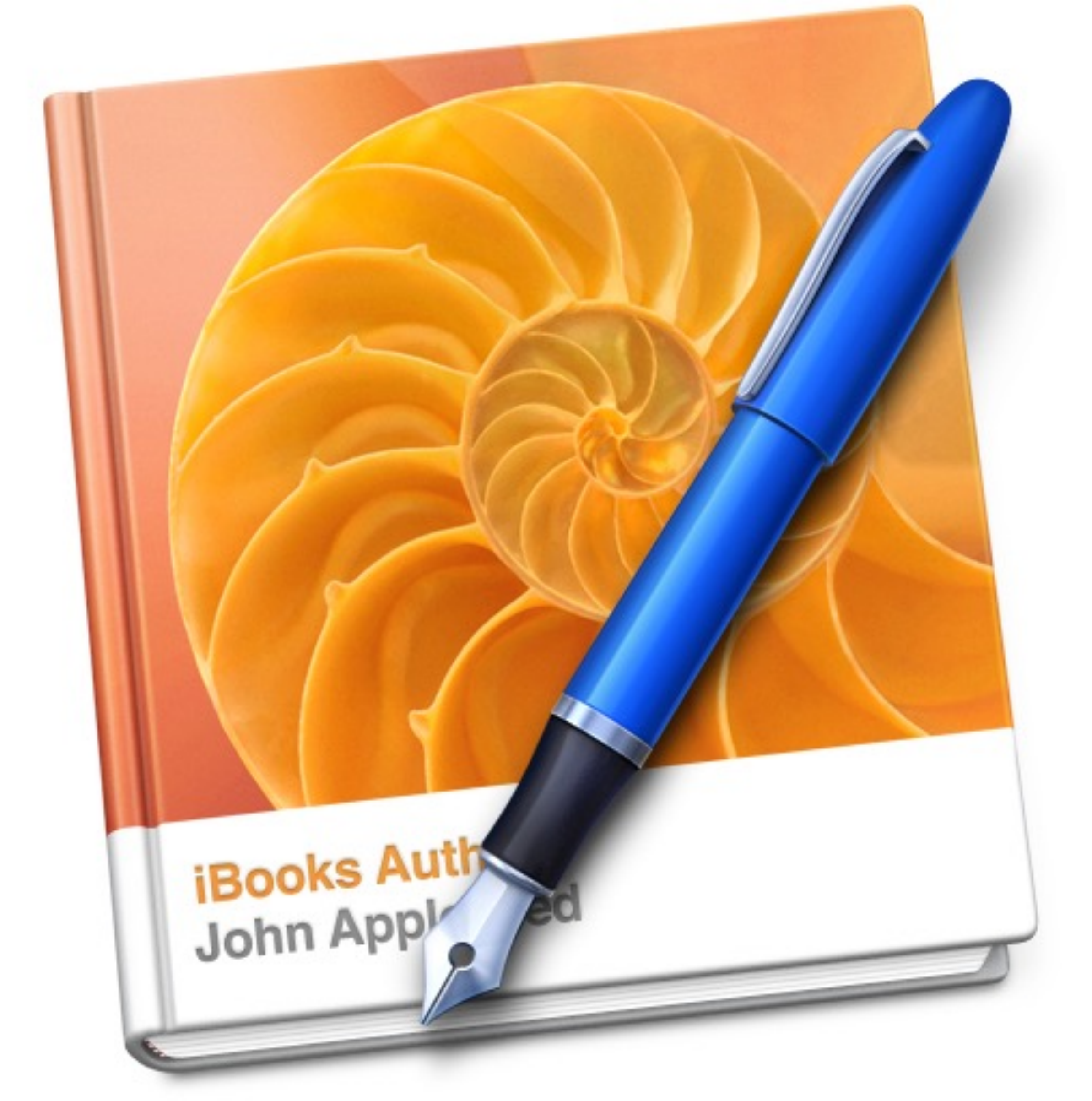
INTERVAL
1/18

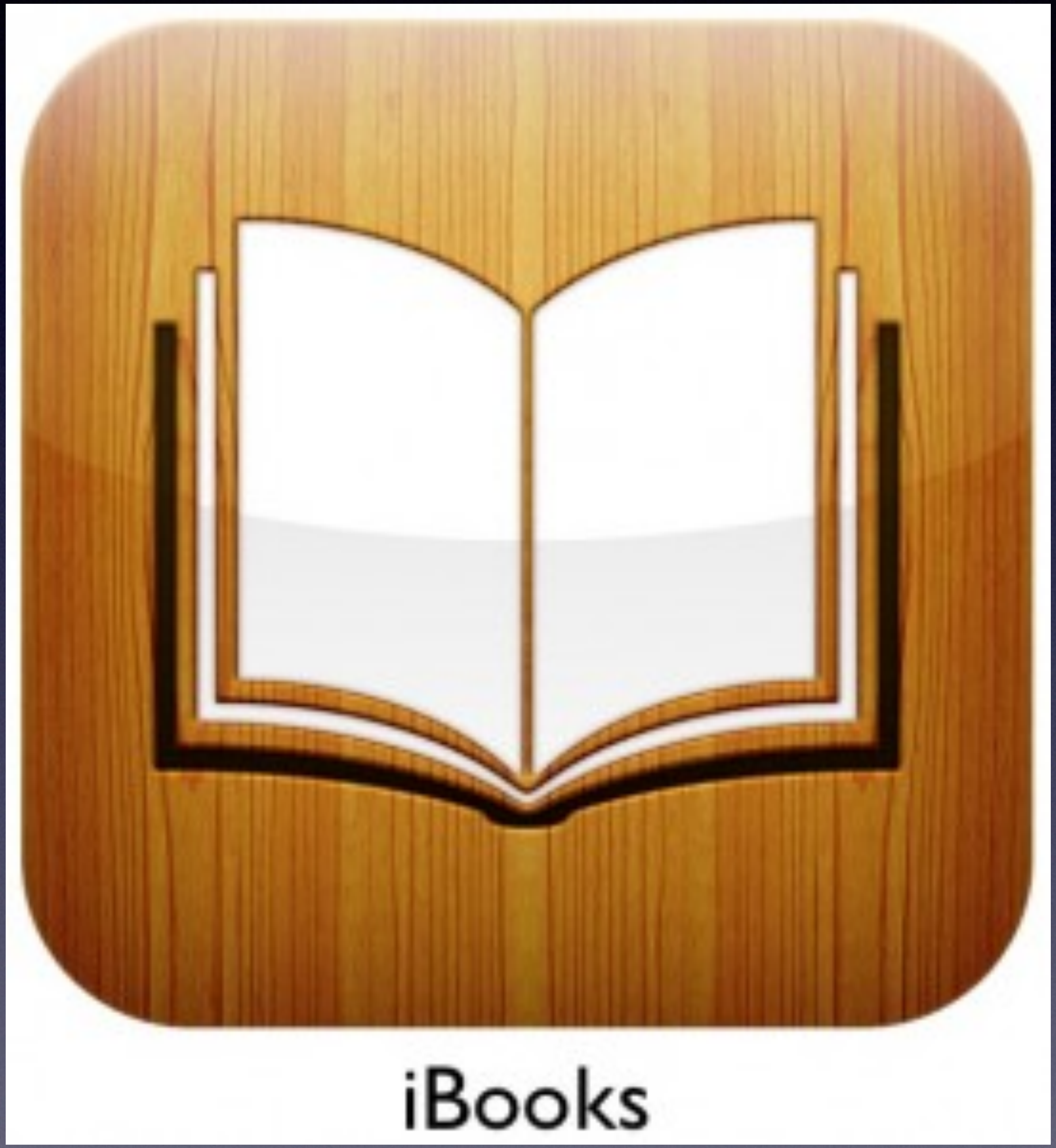
REMAINING
5:54

CURRENT INTERVAL
Push-Ups
0:20

UP NEXT
Squat Jumps
0:20


7:53
00:03
Set 2
0:20
UP NEXT
Switch
0:05

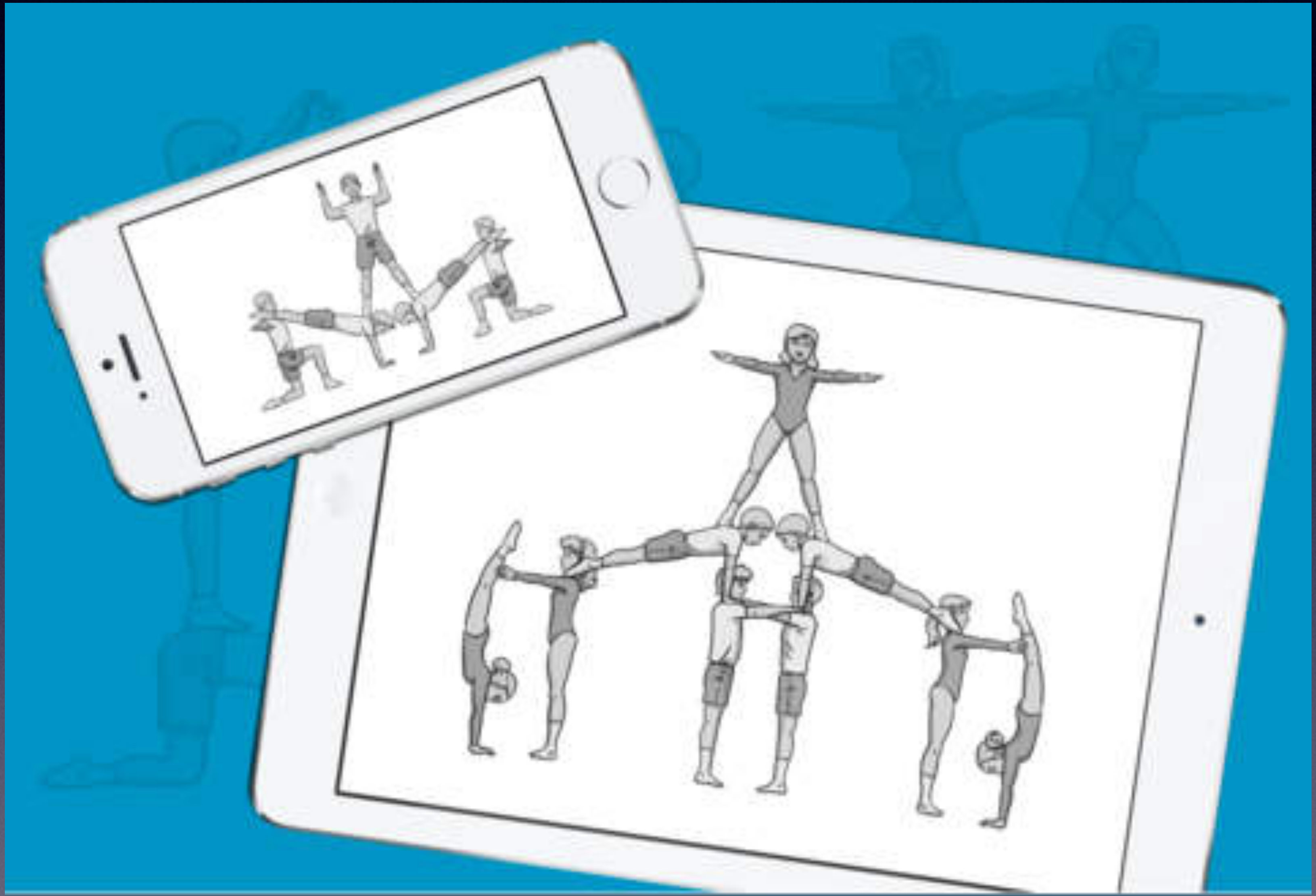

iBooks Auth
John Appl ed


iBooks

iMovie

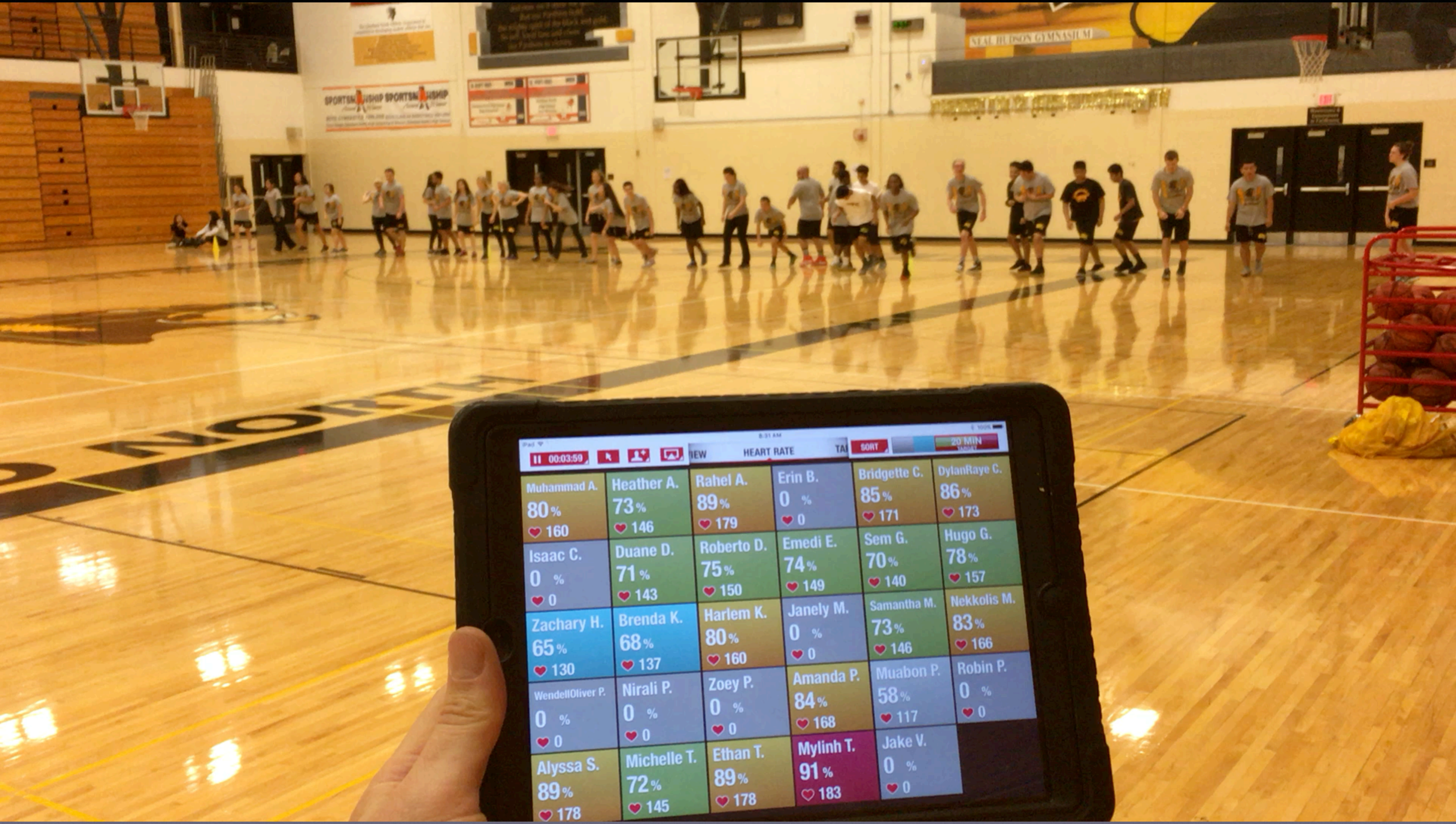
My House

BALANCE IT



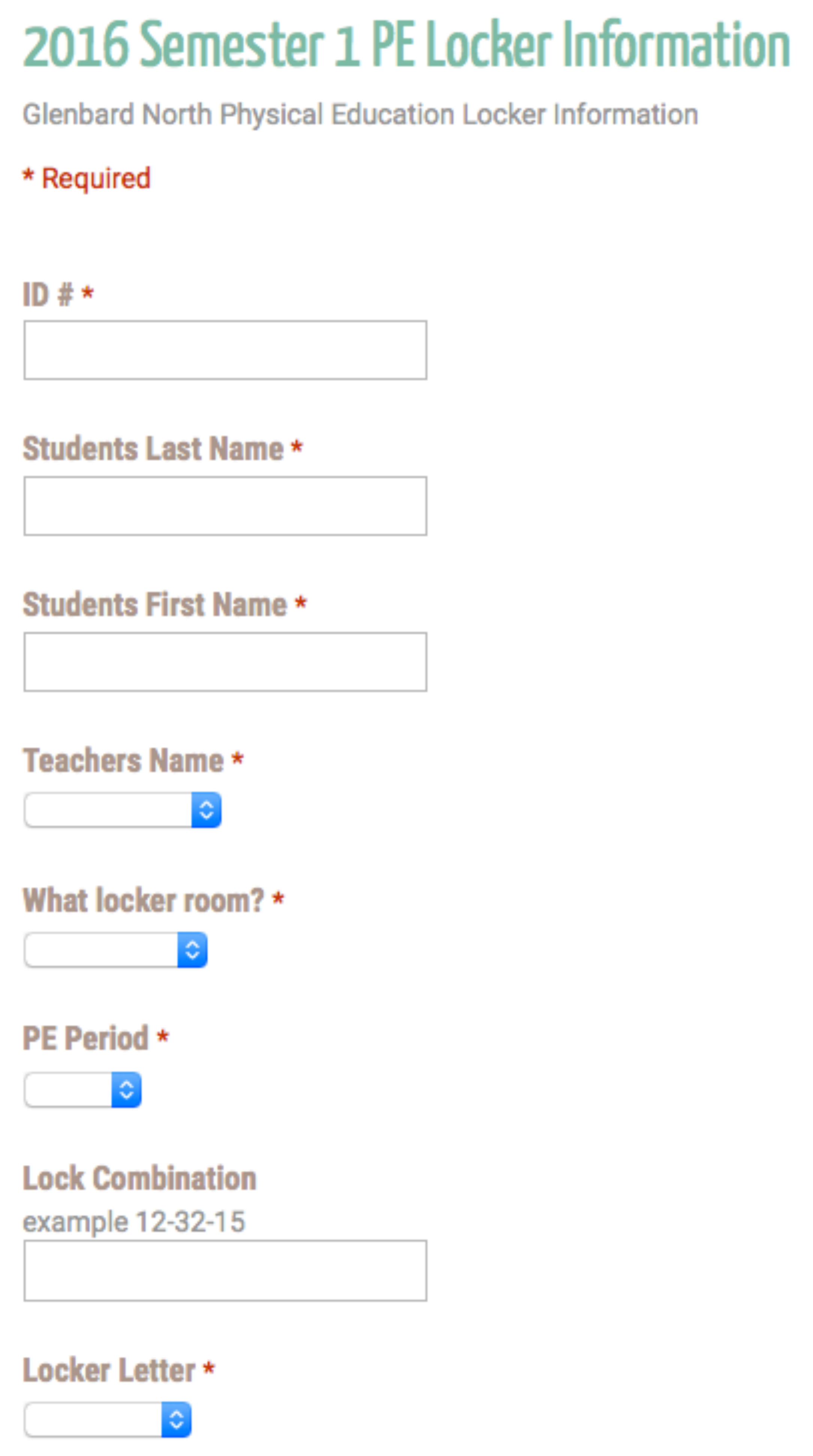
Self-paced activities to improve balance, co-ordination and teamwork

HIGH
SCHOOL
MUSICAL


NEAL HUDSON GYMNASIUM
SPORTSMANSHIP SPORTSMANSHIP
NORTH
00:03:59
IEW
HEART RATE
TA
SORT
20 MIN
TARGET

Muhammad A. 80% ♥ 160	Heather A. 73% ♥ 146	Rahel A. 89% ♥ 179	Erin B. 0 % ♥ 0	Bridgette C. 85% ♥ 171	DylanRaye C. 86% ♥ 173
Isaac C. 0 % ♥ 0	Duane D. 71% ♥ 143	Roberto D. 75% ♥ 150	Emedi E. 74% ♥ 149	Sem G. 70% ♥ 140	Hugo G. 78% ♥ 157
Zachary H. 65% ♥ 130	Brenda K. 68% ♥ 137	Harlem K. 80% ♥ 160	Janely M. 0 % ♥ 0	Samantha M. 73% ♥ 146	Nekkolis M. 83% ♥ 166
WendellOliver P. 0 % ♥ 0	Nirali P. 0 % ♥ 0	Zoey P. 0 % ♥ 0	Amanda P. 84% ♥ 168	Muabon P. 58% ♥ 117	Robin P. 0 % ♥ 0
Alyssa S. 89% ♥ 178	Michelle T. 72% ♥ 145	Ethan T. 89% ♥ 178	Mylinh T. 91% ♥ 183	Jake V. 0 % ♥ 0	

Google docs



2016 Semester 1 PE Locker Information

Glenbard North Physical Education Locker Information

* Required

ID # *

Students Last Name *

Students First Name *

Teachers Name *

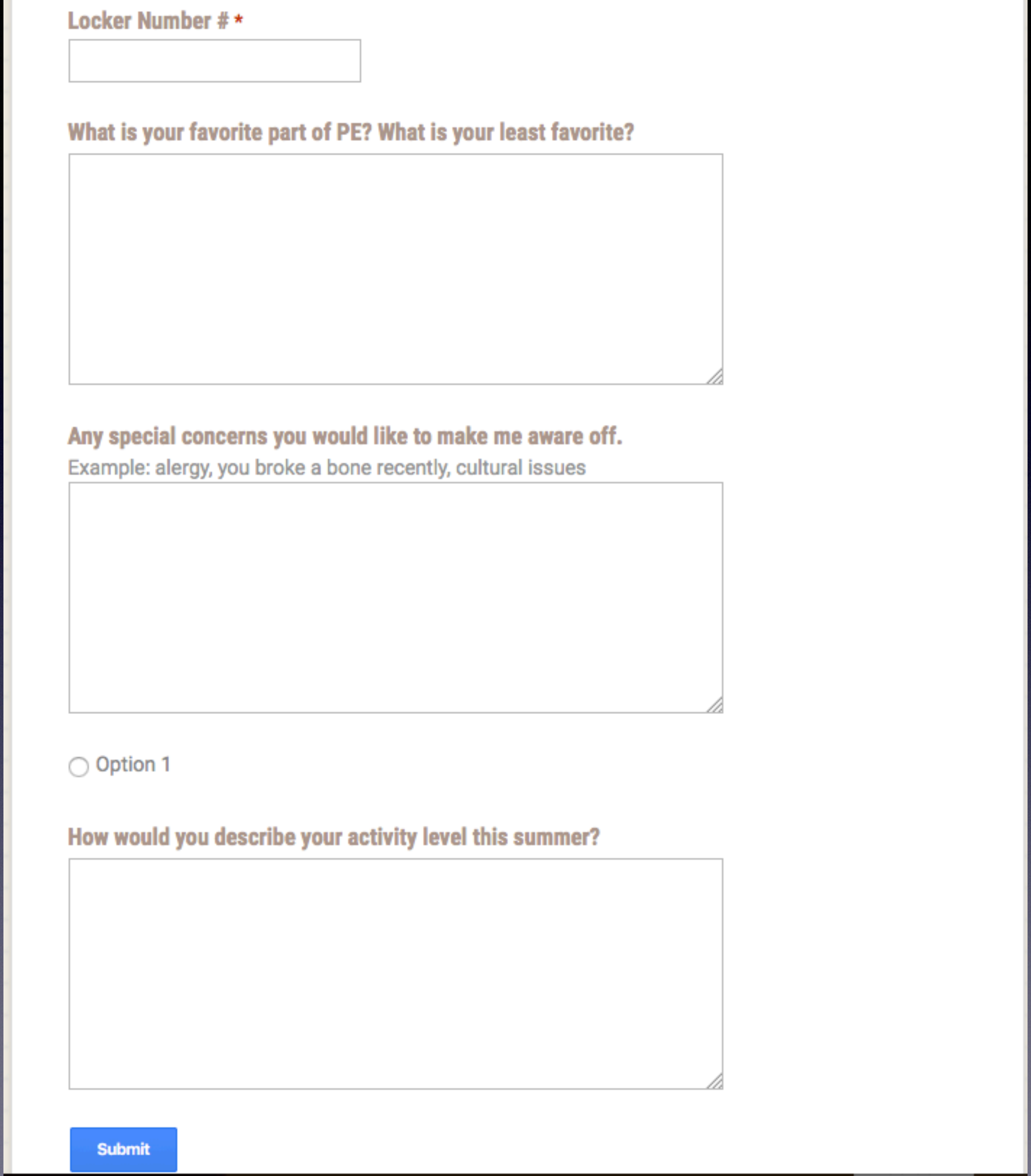
What locker room? *

PE Period *

Lock Combination

example 12-32-15

Locker Letter *



Locker Number # *

What is your favorite part of PE? What is your least favorite?

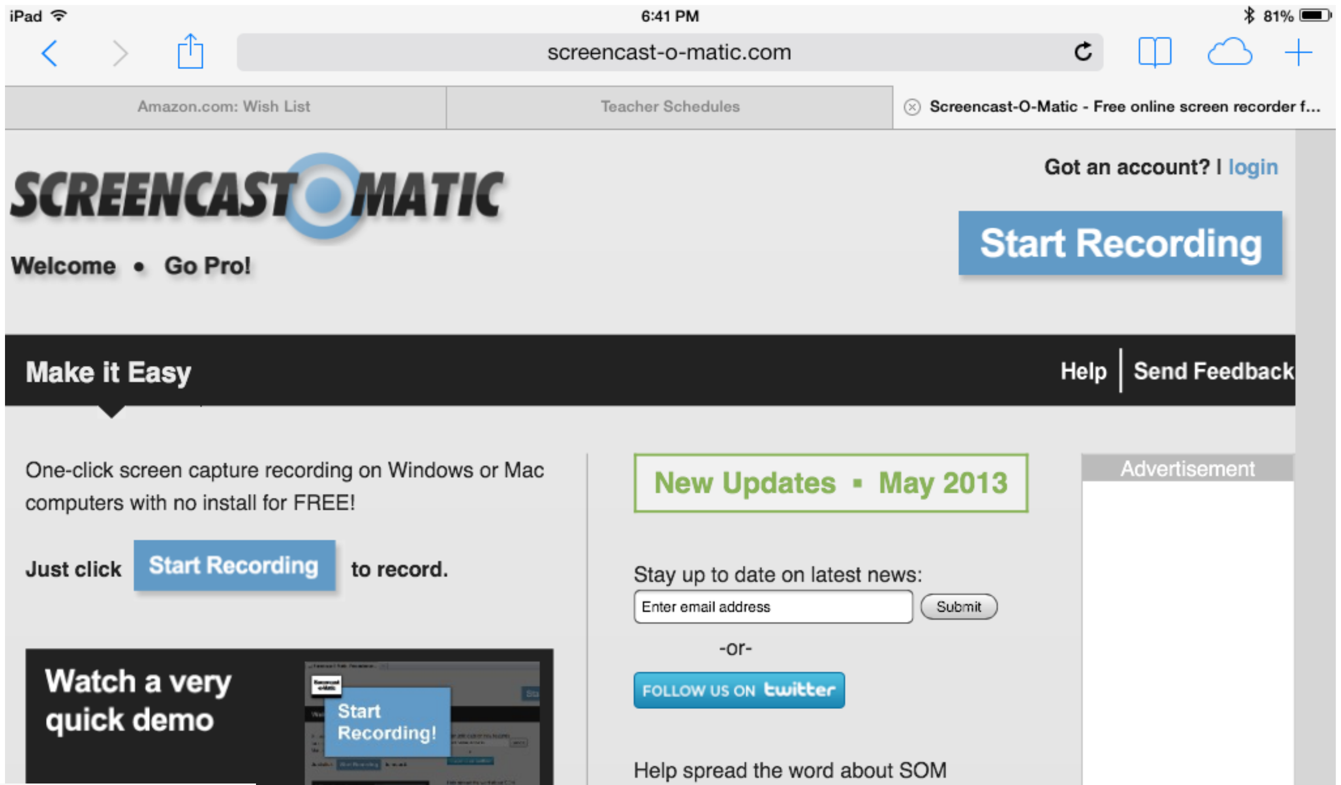
Any special concerns you would like to make me aware off.

Example: alergy, you broke a bone recently, cultural issues

○ Option 1

How would you describe your activity level this summer?

Prezi



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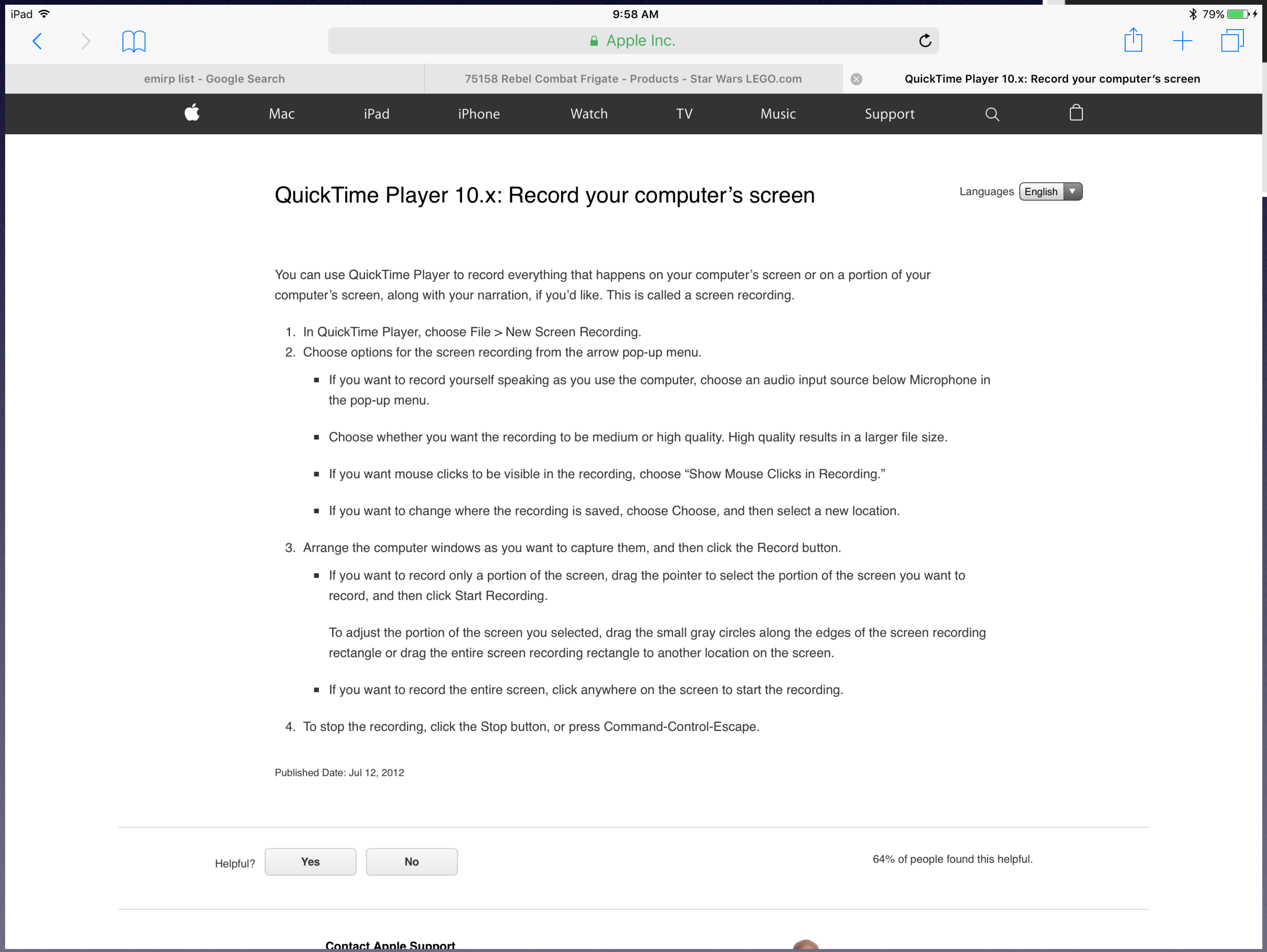

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QuickTime Player 10.x: Record your computer's screen
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QuickTime Player 10.x: Record your computer's screen

You can use QuickTime Player to record everything that happens on your computer's screen or on a portion of your computer's screen, along with your narration, if you'd like. This is called a screen recording.

1. In QuickTime Player, choose File > New Screen Recording.
2. Choose options for the screen recording from the arrow pop-up menu.
   - If you want to record yourself speaking as you use the computer, choose an audio input source below Microphone in the pop-up menu.
   - Choose whether you want the recording to be medium or high quality. High quality results in a larger file size.
   - If you want mouse clicks to be visible in the recording, choose "Show Mouse Clicks in Recording."
   - If you want to change where the recording is saved, choose Choose, and then select a new location.
3. Arrange the computer windows as you want to capture them, and then click the Record button.
   - If you want to record only a portion of the screen, drag the pointer to select the portion of the screen you want to record, and then click Start Recording.

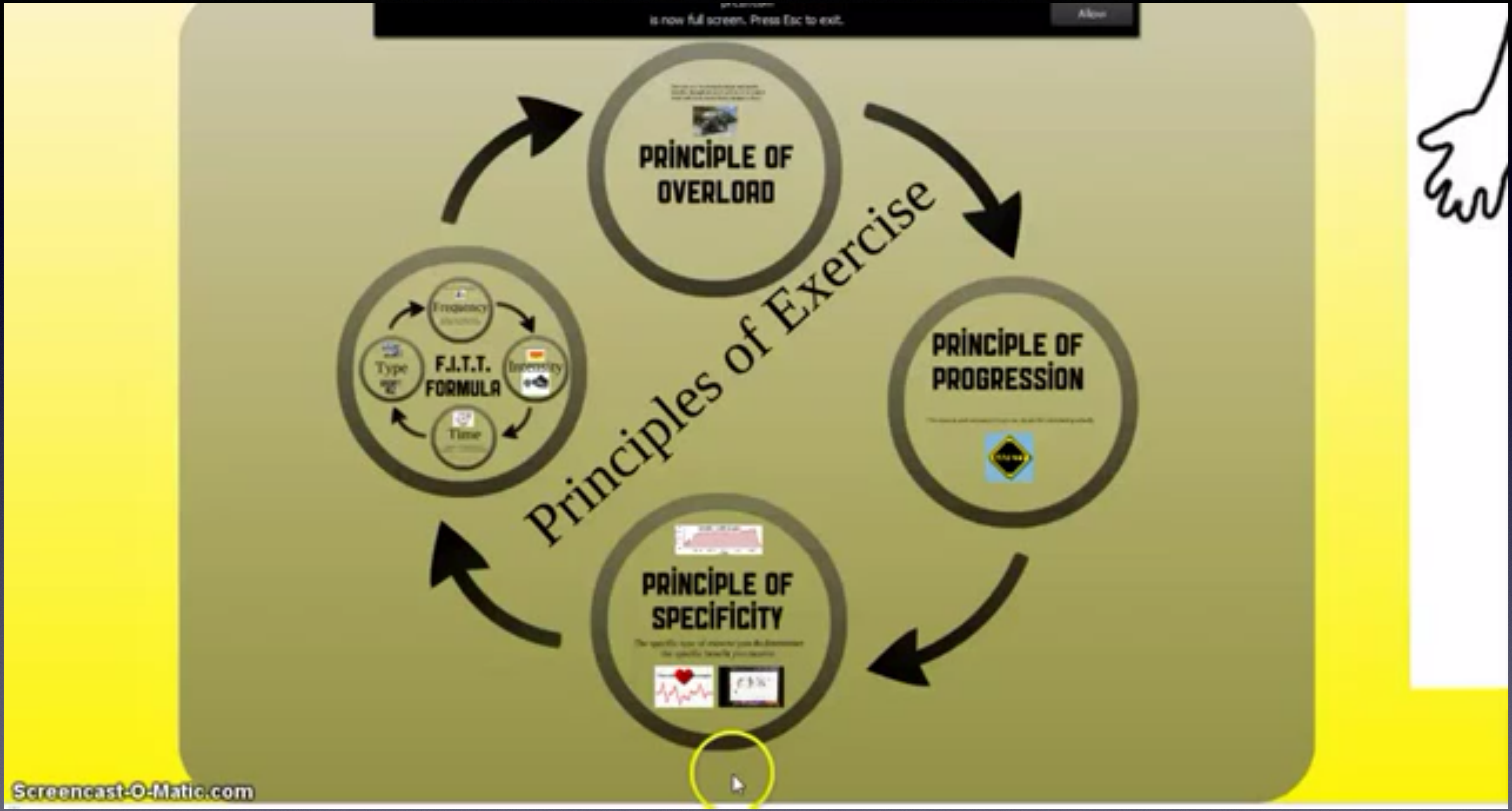
     To adjust the portion of the screen you selected, drag the small gray circles along the edges of the screen recording rectangle or drag the entire screen recording rectangle to another location on the screen.
   - If you want to record the entire screen, click anywhere on the screen to start the recording.
4. To stop the recording, click the Stop button, or press Command-Control-Escape.

Published Date: Jul 12, 2012

Helpful? Yes No

64% of people found this helpful.

Contact Apple Support



is now full screen. Press Esc to exit.

Principles of Exercise

PRINCIPLE OF OVERLOAD

PRINCIPLE OF PROGRESSION

PRINCIPLE OF SPECIFICITY

F.I.T.T. FORMULA

- Frequency
- Intensity
- Time
- Type

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gary_heilers@glenbard.org