



Learning With Purpose: College and Career Ready



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# **iPads in Physical Education**

**Leadership Team Training Day 1**

*March 18, 2013*



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# Tips, Tricks and Gadgets

## Swipe

*With your finger on the screen, quickly drag your finger to one side or the other of the screen to view the next screen.*

## Getting to your Home Screen

*Press the menu button once. This is a good place to keep the apps you use most often.*

## Searching for an App

*Press the menu button once from the home screen. Your cursor will be in a search box. Type the name of the app and click the search button on the keyboard. Select the app/person/item you are looking for within your search.*

## Updating Your Apps

*Select the App Store. Select Updates at the bottom of the screen. Select the update button. NOTE: make sure you are connected to wireless.*

## Creating and Naming a folder

*Hold down the App until it starts to jiggle. Select 2 Apps you want to reside in the same folder. Drag one of the Apps on top of the other. You will see a black outline around the App. In the white area above the Apps select the title and add/delete or change the title to whatever you want to call the folder. Select the menu button to stop the Apps from jigging. To take an App out of the folder reverse this process.*


## Delete an App

*Hold down the App until it starts to jiggle. You will see an "x" in the left top corner of the App – click the "x" and select the Delete prompt from the pop up window. Select the menu button to stop the Apps from jigging.*


## Adding an App to the Dock

*Hold down the App until it starts to jiggle. Select the Apps you want to reside on the dock. Drag the Apps to the dock. Select the menu button to stop the Apps from jigging. To take an App off the dock reverse this process.*

## Setting Bookmarks

*Using Safari, Chrome or other browser click on the  button and select*



*the  icon. Name the bookmark and select the folder you want to save it to.*

## Shortcuts



## Sharing information via email, social networks, and other functions



### Take a Picture of Your Screen (Screen shots)

Click down *BOTH* the Sleep/Wake button at the same time. You will hear a camera shutter sound. Open your Photos and you will see your screen shot.

### Saving Images

Hold your finger down on an image and select the Save Image button.

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## OTHER FUN and HELPFUL TIPS

### Force Quit – When your iPad Freezes

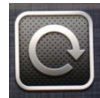
Hold down *BOTH* the Sleep/Wake button and the HOME button until your iPad turns off

### Custom iPad Wallpaper

Save your picture >> Settings >> Brightness & Wallpaper >> Wallpaper >> Camera Roll >> pic your picture >> Set \_\_\_ which ever you want >> exit settings

### Locking the Screen Orientation

Double press your Home button >> Swipe your finger across the bottom bar >> select the button on the left to LOCK or UNLOCK your orientation



### iPad Split Keyboard Feature

Open an App that uses the keyboard >> with your thumbs pull the keyboard apart >> to put it back together use your thumbs to push the keyboard back together



### iPhone v. iPad APPS

Remember that iPhone Apps still run on the iPad, just at a smaller size!



### **Save your battery**

*Double click your Home button and hold down one of the icons on the bottom. Click the "-" to close the Apps you are not using. Click the home button again once to close the bottom screen*

### **Change the name of a folder**

*Hold down one of the Apps until they are in wiggle mode. Double click on the folder you want to name. Tap in the name bar and rename your folder. Click on the folder one to close and save the information you typed. Click the home button again once to stop the Apps from wiggle mode.*

### **The Number Slide**

*Tap the numbers key, keep it held down, and when the keyboard changes, slide a finger to the number ( or other character) you want to type. When you lift your finger, the number is typed and the keyboard snaps right back to the letters view.*

### **Special Characters**

*When you touch and hold a letter, any special characters (é) that use that letter will pop up. Slide your finger to the character you want to use, and lift. If you're entering a URL or email address and you see that .com button, press and hold it to access .net, .edu, .org, and .us.*



# Tips, Tricks and Gadgets *continued*

**MiniDock** by BlueLounge \$19.95

<http://www.bluelounge.com/products/minidock/>



**Milo** by BlueLounge \$14.95

<http://www.bluelounge.com/products/milo/>

**Nest** by BlueLounge \$14.95

<http://www.bluelounge.com/products/nest/>



**Apple Camera Connection Kit USB >> SD 5+1 in 1**

<http://store.apple.com/us/product/MC531ZM/A/Apple-ipad-camera-connection-kit>

\$29.00 through Apple about \$5-\$10 Amazon or others



**Targus Stylus Clip** \$9.99 Office Max

<http://bit.ly/Q1Up9w>

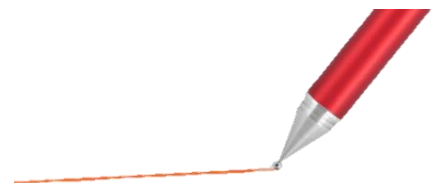


**Targus Stylus Clip** \$14.99 Staples

[http://www.staples.com/Targus-Universal-Tablet-Stylus-Blue/product\\_373989](http://www.staples.com/Targus-Universal-Tablet-Stylus-Blue/product_373989)

**Jot +** \$29.99 Adonit

<http://adonit.net/product/jot/>



**Digital AV Adapter** \$39.00 Apple

<http://store.Apple.com/us/product/MD098ZM/A/Apple-digital-av-adapter>



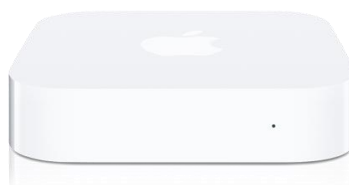
**Helo Strap** \$19.95

<http://www.helostrap.com/>



**Apple TV** \$99.00 Apple

[http://store.Apple.com/us/browse/home/shop\\_ipod/family/Apple\\_tv](http://store.Apple.com/us/browse/home/shop_ipod/family/Apple_tv)



**AirPort Express (Wi-Fi)** \$99.00 Apple

[http://store.Apple.com/us/browse/home/shop\\_ipod/family/Apple\\_tv](http://store.Apple.com/us/browse/home/shop_ipod/family/Apple_tv)



**Movie Mount is produced by Makayamair** \$69.95

<http://www.makayama.com/moviemount.html>

Lenses, tripod, microphone, lights etc. are **not included** with your purchase.

Complimentary iPad App is free.



**Keyboard** \$69.00 Apple

<http://store.Apple.com/us/product/MC184LL/B/Apple-wireless-keyboard-english>





**TabletTail: Whale Kit** \$49.99 Apple  
<http://www.octa.com/>



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# Apps

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## FREE APPS



### Find My iPhone

#### Description

If you misplace your iPhone, iPad, iPod touch, or Mac, the Find My iPhone App will let you use another iOS device to find it and protect your data. Simply install this free App on another iOS device, open it, and sign in with your Apple ID. Find My iPhone will help you locate your missing device on a map, play a sound, display a message, remotely lock your device, or erase all the data on it.



### Dropbox

#### Description

Dropbox lets you bring all your photos, docs, and videos anywhere and share them easily. Access any file you save to your Dropbox from all your computers, iPhone, iPad and even the Dropbox website!



### Google Drive

#### Description

Google Drive lets you create, share and keep all your stuff in one place. Upload all your files – even the big ones – and you can access them anywhere, even on your iPhone or iPad. We'll get you started with 5 GB free.



### Sky Drive

#### Description

SkyDrive is the place to store your files so you can access them from virtually any device. With SkyDrive for iOS, you can now easily access, manage, and share files on the go. You can also upload photos or videos from your iPhone to SkyDrive.



### Remind 101

#### Description

Remind101 provides a safe way for teachers to text message students and stay in touch with parents. It is 100% free and is used by over 200,000 teachers, students and parents to send millions of messages every month.







## SFE Mobile

### Description

Requires eSchool Solutions' SmartFindExpress 2.0.1 or higher. If you are unsure of the version your district is running please check with your district's substitute help desk.

Use <https://anaheimuhd.eschoolsolutions.com/> in your district's web address for optimal performance and security.



## My Plate

### Description

Learn about the foods you eat and how they help fuel your body for your favorite activities. Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.



## Let's Move It!

### Description

Download our free iPhone Application to make the first step towards a healthier you. The Let's Move It! Mobile App makes it easy to move forward on your goal to wellness.



## Eat and Move It!

### Description

Learn about the foods you eat and how they help fuel your body for your favorite activities. Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.



## Nike Training Club

### Description

Sign up to Nike training Club to get your own personal trainer, anytime, anywhere. Get lean, toned and strong with more than 114 custom-built workouts. Take your goal further with all-new NikeFuel and calorie data.





## Scoreboard

### Description

Want a FREE, great scoreboard? This scoreboard is easy and simple to use. All you have to do is SWIPE!



## Stopwatch Analog+Digital

### Description

This stopwatch shows time on a digital display as well as on an analog clock face. The analog clock face is easy to collect information from during timing of a task or a test. After the timing has finished, it is most convenient to read the precise time from the digital display. In the lower left corner the total number of seconds are shown. Sometimes the total number of seconds are required rather than minutes and seconds.



## Ubersense

### Description

Ubersense helps athletes and coaches get better at sports:

- ✓ Record HD video and playback frame-by-frame
- ✓ Instant slow motion analysis, zoom and advanced drawing tools for any sport
- ✓ Compare videos side-by-side or overlay using slow-motion controls
- ✓ Create video reviews with audio commentary and annotations
- ✓ Import videos from Camera Roll, email, and Apps like Dropbox
- ✓ Share instantly with athletes, coaches and friends directly from your phone or tablet



## Welnet

### Description

Fitness scores recording for Focused Fitness / WELNET customers



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## PAID APPS



**Timers PRO (\$1.99)**

### Description

Used for many kinds of timing:

- ✓ Stopwatch
- ✓ Countdown
- ✓ Laps
- ✓ Tabata



**Coaches Eye (\$ 4.99)**

### Description

Record it. Break it down. Get better. Improve your pitcher's fastball, straighten your golf swing, easily break down a volleyball serve, improve soccer skills, or even demonstrate weightlifting form. Coach's Eye makes instant feedback possible on the field or on the go.



**Full Fitness HD (\$ 2.99)**

### Description

Achieve your goal of getting and staying fit with Full Fitness! Full Fitness is an exercise companion that provides clear pictures, videos and instructions and the ability to track your workout progress instantly.



**Gorilla Workout (\$ 0.99)**

### Description

Looking to lose weight, build muscle, and gain energy on a tight budget? Gorilla workout is the perfect fitness App for you!



**iMuscle (\$ 1.99)**

### Description

iMuscle is an award winning Health and Fitness App that enables you to get the most out of your workout



**PE Games (\$ 0.99)**

### Description



PE Games contains over 100 games in a variety of categories. Find a game that you like and want to remember. Simply press the plus button to add it to your current lesson. Games can then be added and deleted as required.



### **Repeat Timer Pro (\$ 1.99)**

#### **Description**

A beautifully simple yet universal repeating interval timer and reminder for all your routines!



### **Sports Rules for PE Tchr (\$ 0.99)**

#### **Description**

Sports Rules is the perfect App for PE teachers, coaches, athletes or anyone interested in swift easy reference of popular sports and their associated rules. The App contains 18 of the most common sports played in physical education classes with the fundamentals rules and other important information required to play a game.



### **Team Shake (\$ 0.99)**

#### **Description**

Team Shake provides a technological and environmentally friendly way to choose teams for board games, sporting events, tournaments, school projects or anytime groups are required. The newest release brings many new features including full iPad support, balancing teams based on skill or gender, improving users from a file, enabling video output, and sharing teams via facebook or email.



# Lesson Plans with the iPad

## 23 Ways To Use The iPad In The 21st Century PBL Classroom

<http://www.teachthought.com/technology/23-ways-to-use-the-ipad-in-the-21st-century-pbl-classroom/>

IMAGINE	DESIGN	PUBLISH
<p>Brainstorm authentic local problems with <b>Mental</b></p> <p>Analyze innovative narrative design with <b>The Silent Story</b></p> <p>Curate relevant research that contradicts a given assertion of theory with <b>Pocket</b></p> <p><b>Use the visual design of Headspin: Storybook</b> as inspiration for a mock video game, poem, or painting</p> <p>Skim multiple heavily populated twitter streams for important macro trends with <b>Tweetbot</b></p> <p>Use a visual RSS feed like <b>SkyView</b> to prioritize relevant global problems, and map out the scale of each with <b>iThoughtsHD</b></p> <p>Skim, select, consume, and evaluate relevant podcasts of an extended period of time to stay current on an issue relevant to a project or issue using <b>Podcasts</b></p> <p>Use Virtual Water to localize and begin problem solving clean water access</p>	<p>Design an automobile tire that reduces friction and uses zero non-recycled materials using <b>Civil Engineering Calculations and Graphic Calculator</b></p> <p>Create a logo that “brands” a relevant social issue that is under-served in mass media using <b>Sketchbook Pro or Logo Maker</b></p> <p>Design physics-accurate protective structures with <b>Dummy Defense</b>, then compare designs using screenshots and <b>Instagram</b></p> <p>Create simple or complex 2d vector drawings as early product sketches for a widget that cleans oil spills using <b>iDesign</b></p> <p>Infer geographical, social, or political characteristics of a city or country with <b>Global Subway Systems</b></p> <p>Reconceive a school building in light of the modern need for collaboration and technology access using <b>MagicPlan</b></p> <p>Rethink the layout of a city to diminish the need for extended commutes using <b>Google Earth</b></p>	<p>Use <b>SlideShark</b> to share the production challenges of a solar-powered iPad competitor</p> <p>Recreate a critical moment in history from 1<sup>st</sup> person perspective using <b>Storify</b></p> <p>Write a documentary script that explores Global Warming from teenage perspective using <b>Storyist</b></p> <p>Use <b>Penultimate</b> to share annotated team thinking, where mock “design”, “Engineering” and “marketing” groups tackle issues</p> <p>Use <b>Twitter</b> to distribute blog articles that explore the context of a relevant social issue</p> <p>Capture and stylize an otherwise “invisible” local issue using <b>Instagram</b></p> <p>Create imagery that demonstrates a given mood, tone, or theme using <b>Painterisque</b></p> <p>Envision an internet start-up that solves the problem of information overload using <b>Sketchbook Pro</b></p>



# 25 Ways To Use The iPad In The Classroom By Complexity

<http://www.teachthought.com/technology/25-ways-to-use-the-ipad-in-the-classroom-by-complexity/>

## The Teacher's iPad Spectrum

CONSUME	COLLABORATE	PRODUCE
<p>Monitor multiple twitter streams, hashtags, and @ responses via <b>tweetdeck</b></p> <p>Trace a character's journey in a work of fiction with <b>Google Earth</b></p> <p>Visualize how certain themes or motifs emerge from certain geographical regions, and infer the cause-effects relationships that may contribute to that with <b>Google Earth</b></p> <p>View presentations that model elaborate multimedia idea development with <b>Prezi</b></p> <p>Skim channels to identify non-obvious but "real" examples of "academic" ideas-bias, straw man arguments, the scientific method at work, allegory, modern civil rights issues, etc. using <b>YouTube</b></p> <p>Listen to podcasts to gain context on an issue via <b>Downcast</b></p> <p>Practice math or economic problems as pure test-prep with <b>Khan Academy</b></p> <p>Take notes—and record lecture and group discussion sound—using <b>CaptureNotes 2</b></p>	<p>Evaluate credibility of a website, blog post, or social media comment with <b>Skitch</b></p> <p>Haphazardly curate relevant tidbits or sources—and then collaboratively reorder content with <b>Pearless</b></p> <p>Plan necessary project details with <b>Wunderlist</b></p> <p>Peer-supported writing process with <b>Google Docs</b></p> <p>Connect with mentors or experts via <b>Twitter</b></p> <p>Collaboratively pin images of a competitor's design when mock-planning startup via <b>Pinterest</b></p> <p>Backwards plan projects and related due-dates using <b>iCalendar</b></p> <p>Record group work daily for reflection, self-assessment, and digital portfolio Curation with <b>Evernote</b></p> <p>Aggregate constant ino streams to skim via <b>Pulse</b></p> <p>"Crowdsource" implicit themes or character development in the study of a novel with <b>Edmodo</b></p>	<p>Create "layered" documents that use hypertext to embed supporting sources or media with <b>Google Docs</b></p> <p>Create a concept map to explain the relationship between a YouTube video and the suggested <b>YouTube</b> videos</p> <p>Collect visual evidence of a problem, issue or event using <b>Instagram</b></p> <p>Demonstrate the spread of a philosophical idea using <b>Google Maps</b></p> <p>Create infographics that further expository writing where one form provides info the other struggles to using <b>visually</b></p> <p>Liveblog a personal or academic event via <b>Storify</b></p> <p>Create photo collage to demonstrate impact of pollution, litter or even genocide using <b>Diptic</b></p> <p>Create podcasts to communicate with parents (dates, projects, exams, learning targets) using <b>Audioboo</b></p> <p>Reflect on metacognitive progress through a unit or project using representative images via <b>Flickr</b></p>



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# Great Resources

iPad User Guide *For iOS 6 Software*

[http://manuals.info.apple.com/en\\_US/ipad\\_user\\_guide.pdf](http://manuals.info.apple.com/en_US/ipad_user_guide.pdf)

Edudemic

<http://edudemic.com/>

iPad Apps 4 Schools – *Richard Byrne*

<http://ipadApps4school.com/>

Teach Thought

<http://www.teachthought.com/category/ipad-2/>

Bloomin' Apps – *Kathy Schrock*

<http://www.schrockguide.net/App-for-that.html>

Mark Anderson's Blog

<http://ictevangelist.com/?cat=74>

The History 2.0 Classroom

<http://kulowiectech.blogspot.ca/2012/08/back-to-school-App-pack.html>

EdtechTeacher – *21<sup>st</sup> Century Learner*

<http://edtechteacher.org/index.php/teaching-technology/mobile-technology-Apps>

AppGuides

<http://Appadvice.com/Appguides/>



**Kathie Maier**, Teacher Librarian in *TENNIES*

*(a physical educator)*

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