Using The New Technologies In The Physical Education Lessons

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Introduction

All the subjects of the Spanish Educative System have to contribute to develop the key competences. They were established by the European Union and we have the concretion of them in the Spanish executive order called LOMCE (2013). Between the key competences we can find the Basic Science and Technology competence and the Digital competence.Physical Education is an obligatory subject in the Spanish Education System in Primary and Secondary School. For this reason, it has to help to get the different competences. In this article we will explain how we are going to develop those competences from the Physical Education.

Using New Technologies In The Physical Educations Lessons

Firstly, we have to say that all students of our secondary school have a personal computer. Students use this at home and so in the class. The mobile phone is only permissible in the free time and when teachers decide that the students need it for doing activities.

Physical Education programme keeps in mind this situation and the possibilities of these technologies in the lessons. The main objectives to use the technologies in the PE is, besides to contribute to the key competence development, to motive the student to the physical activity and take advantage for the physical practice (don't lost time with theoretic explication).

Moodle

One of the most important technological software for using in the school is Moodle.   Moodle is free code software that creates virtual teaching and learningenvironments. In this platform, the Physical Education teachers present the units, the rules of the subject, videos, theoretical lessons and so on. This platform affords us to use the flipped classroom methodology. Sometimes we put in the platform some videos or abilities or sports techniques and we invite to the students to see them. So, when the students arrive to the class they have some knowledge about these. Also, we use it for sending message to the students and for remembering or ordering tasks.

Educació física 1r d'ESO

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Grades

NAVIGATION

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Avisos i notícies

AVALUACIÓ FAMÍLIES

Aquest és el document necessari per participar a la proposta d'avaluació conjunta famílies / professor d'EF (heteroavaluació).
El primer full és l'explicació i el segon és el que utilitzarem per comunicar-nos si voleu participar.

EDUCACIÓ FÍSICA - 1r d'ESO

Professor: Joan Ortí.   Correu electrònic: jorti2@xtec.cat.
Sempre contesto els correus. Si m'envies un correu i en 72 hores no tens resposta, és perquè alguna cosa ha passat. Torna-ho a provar!
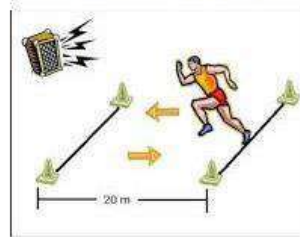
Google drive

Other application is Google drive. It's an accommodation files service. In this the teachers have some options for working: classroom, sites, photos, documents and so on. But one of the most used options, in our class, is *Google forms*. With this option we create some forms with different possibilities. For example: we have one form for writing the marks of the students in the test of physical condition. So, when the students finish the test, they fill yours marks in one form that they can find in the moodle; we also designed a form in order than the students can fill in with the research result about the traditional games. They have a lot possibilities.

Test de la Course Navette (periodes) - Resistència

Tu respuesta

Test de Burpee 1' - Resistència aero-anaeròbica

Code QR

Code QR is a system for keeping the information. It uses a lot of small squares and you can read them with the camera of your mobile phone and with the specific application. We use it, for example, for choosing the best poster of the Athletics meeting. In this case, the students design a poster and we put them in the school advertisement table and in the website. Students, teachers, families... can choose their prefer poster. When you make the photo with the application to the code QR, it sends you to a form where you can choose the best drawing.

Other possibility is using them for an orientation race. When you arrive to the code QR, you read it with your mobile phone and it will open a site where you will find the next lean.

Kahoot

Kahoot is a free platform that the people use to build evaluation test. The special character of this is that you can fill the test as a game, contest or competition. But in our case, we use it for improving the theoretic knowledge about physical condition and, it make it specially, we use it for improving the endurance and the flexibility of our students. In this platform you can make some questions and you can choose the answer time. When we want to improve the anaerobic endurance we choose 2 min. We create a question that students have to resolve it in this time. For example: How many trees can we find in the school? How many torches can we find outside the main building? For answering, the students have to run quickly because they win points for getting right and for answering quickly. This is similar to an interval training but in this case, the students are playing in groups, improving their physical condition, their knowledge and enjoying a lot.
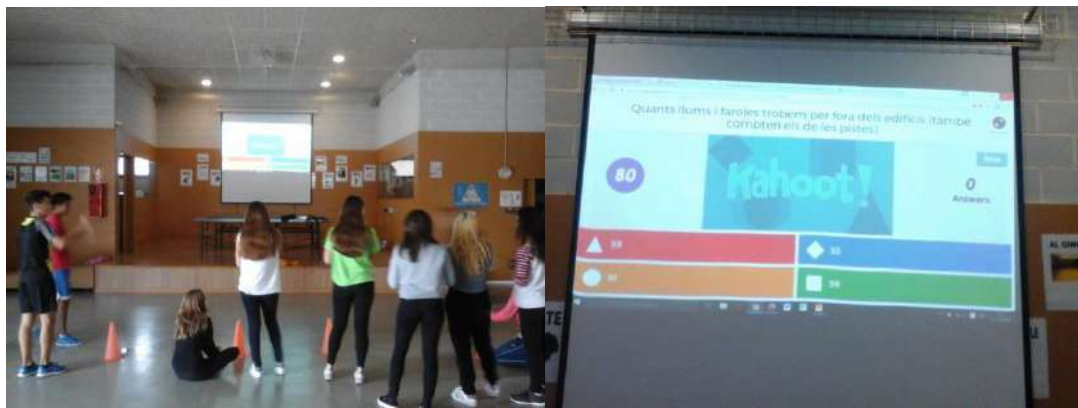

When the game is finished, we can find the results of the different group and you can export this to excel.

Strava

Strava is a mobile app and website. It connects different runners and cyclists and it has a free version. With this app, basically, you can run and it draws your itinerary, calculate your running rhythm, the velocity… and you can share this with your friends and other students. In our case, in the Physical Education lessons, we use this app for 2 things. The first is for motivate to the

students to run. We propose some activities as: Could you draw a triangle? Could you write the name of the school? Could you run to the marathon record rhythm? And the second is for evaluating the physical activity practice outside the school. For this, we created with the application a club called "Sòl-de-Riu". The students go to this virtual club and when they go to run, they switch on the app and it registers this activity. This activity is shared with all members club. So, the teacher can look the outside activity of his students.
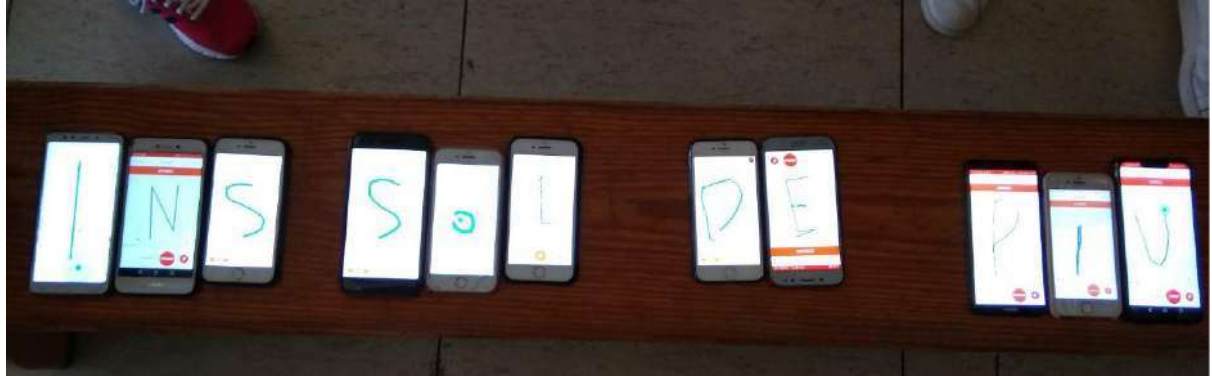
Conclusion

New technologies are a great opportunity to motive to the secondary school students. In the Physical Education lessons, we can use them to motive to practice and to improve their physical condition, abilities and skills. Besides, we contribute to development some key competences as Basic Science and Technology competence and the digital competence.

Although they are a great opportunity, the new technologies also create some problems: not responsibility control use for the students; make different social class; steal and lost the mobile phone in the school; and so on. For this reason we have to teach to use them with responsibility and with respect.

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