

(1/11/13):

Purchased App - "Fit Freeway"

Classic arcade racing game- similar to "Pole Position". Exercise (i.e. run or bike) faster to accelerate your car and lean left or right to steer it through the course.

Recommended Free App - "Virtual Heart"

Real-time view of the heart at different beats per minute (bpm). An excellent visual that shows what the heart looks like during specific activity/intensity levels.

(1/18/13):

Purchased App - "Recurse"

An energetic and interactive game that is played with movement of the entire body. This app has won many awards at gaming festivals from around the world.

Recommended Free App - "Songza"

Songza is an "[ad free](#)" music streaming service. Songza allows user to select music matched to your activity (i.e. fitness), mood, and time of day.

(1/25/13)

Purchased App - "iMuscle"

This award-winning [app](#) provides 3-dimensional images of the body's entire muscular system, as well as hundreds of animated strength training exercises. Create personalized workout routines, physical therapy programs, and more!

Recommended Free App - "WebMD"

WebMD provides immediate health care information. Check your symptoms, get [first aid essentials](#), access research articles, and check local health listings.

(2/1/13)

Purchased App - "Giant Scoreboard"

This app allows you to display a traditional scoreboard (with timing function) onto the iPad's desktop. Use "Giant Scoreboard" with the HD projector as an alternative to your gymnasium's electronic scoreboard.

Recommended Free App - "What's My Heart Rate"

"What's My Heart Rate" measures your heart rate and/or breath rate via the iPad's camera. The app's software detects micro-color changes on the face during one's active heartbeat. Surprisingly, this app is extremely accurate!

(2/15/13)

Purchased App - "PE Games"

"PE Games" provides over 100 ready-to-use activities/games (i.e. cooperative, reaction, relay, and general). This [app](#) was recommended by Mayo PE teacher, Dan Wilde!

Recommended Free App - "Ball Strike"

"Ball Strike" is another high-energy gaming [app](#) that uses the iPad's camera to track movement and scoring. Twist, turn, kick, hit and jump to make the virtual "markers"

explode.

(3/1/13)

Purchased App - "PE Plus"

Designed for the iPhone/iPod Touch but accessible on the iPad. This app has tons of games and activities that can be used in the classroom. Categories include: "Top 10", "General Games", "Minor Games", "Tagging Games", "Reaction Games", "Relay Games", "Cooperative Games", "Tennis Balls", and "Forming Groups". An excellent resource for instant activities and games!

Recommended Free App - "Fooducate"

Fooducate recently won 1st place for the US Surgeon General's Healthy App Challenge! Fooducate is a free mobile app (iPhone/iPod Touch) that empowers supermarket shoppers to make healthy choices effortlessly. The app enables consumers to automatically scan the bar-codes of food products, and instantly see how nutritious they really are – knowledge that is leading to changes in their purchase decisions. Fooducate's scientific algorithms generate a letter grade ('A', 'B', 'C', or 'D') for each product scanned, along with brief explanations and warnings about its nutrients and ingredients. Users are just one click away from viewing similar, but healthier alternatives. The Fooducate app has been downloaded over 1 million times and has been used to scan over 10 million products so far.

(3/22/13)

Purchased App - "Bracket Maker"

This user-friendly app will assist you in the creation of tournament brackets (single, double, or triple-elimination) for up to 32 players/teams!

Recommended Free App - "Eat & Move-O-Matic"

This app teaches students the amount of calories found in specific foods, as well as how much physical activity/exercise time is necessary to burn these same calories off.

(3/29/13)

Purchased App - "Gorilla Workout"

Looking to lose weight and build muscle using only one's own body weight? Gorilla Workout provides you with 175 different training routines and 40+ unique exercises! Apple voted Gorilla Workout as the "2012 iPad Health & Fitness App of the Year".

Recommended Free App - "Educreations"

Educreations turns your iPad into an interactive whiteboard. This app will allow create video tutorials (with commentary), generate animated lessons, diagram sports strategies/tactics, and more!

(4/12/13)

Purchased App - "Coach's Eye"

"CoachsEye" is the #1 rated video analysis app available! Record a skill and/or movement-play the video footage forward, backward, slow motion, or zoom into a particular area of focus. Draw on the screen to highlight specific key points/fundamentals for demonstration or individual feedback. Use the "Coach's Eye" website (<http://www.coachseye.com>) and blog for helpful tips and assessment ideas! **Please remember to not post any video footage online! Also, reference the student "non-photo" list prior to any recording.

Recommended Free App - "Too Noisy"

Control student noise levels with this simple and engaging app. "Too Noisy" displays a sound meter that tracks all background noise. Acceptable sounds levels can be controlled within user settings.

(4/26/13)

Purchased App - "iYoga"

iYoga uses advanced technology to show the body's muscles performing hundreds of animated yoga poses, exercises, and routines. Create personalized workouts, physical therapy programs, and more! iYoga was created by the same developers as the award-winning iMuscle app.

Recommended Free App - "Stats of the Union"

Stats of the Union provides current information on national, state, and local health trends (i.e. obesity rates, medical care, demographics, and more). Learn more about how to make sense of wellness and health care issues. Stats of the Union is powered by the *Community Health Care Status Indicators (CHSI) report*, which consists of information from the federal Census Bureau, Department of Health & Human Services, Department of Labor, and the Environmental Protection Agency.

(5/3/13)

Purchased App - "iVideo Downloader"

This app allows the function of downloading videos from YouTube.com. Create a professional video library (i.e. "Just Dance" songs), and eliminate all download "buffer"/wait time! Also, you may transfer videos onto the device's camera roll for use in iMovie. If concerned about storage space, upload all videos onto your individual Google Drive (5 GB).

Recommended Free App - "Living Lung"

Real-time view of the lungs at different respiratory rates (i.e. breaths per minute). An excellent visual that shows what the lungs looks like during specific activity/intensity levels.

(5/17/13)

Purchased App - "Running Coach's Clipboard"

The Running Coach's Clipboard (RCC) allows coaches to time and track splits of up to 100 athletes in any race, meet or workout. Results can be printed, e-mailed and/or stored for reference at a later date. This app was highly recommended by both Kevin Tiller and PhysiTechs (2013 professional development presenters!).

Recommended Free App - "Converter Plus"

Converter Plus is a unit converter with an extensive list of currencies, units, and hundreds of other categories. For example, use the "yards-to-feet" converter when doing field set-up). In addition, Converter Plus contains many calculators (i.e. Body-Mass Index, tip, fuel consumption) to assist with everyday actions.

(5/24/13)

Purchased App - "Foam Rolling"

This app was designed for all foam roller experience levels (beginner to advanced). Foam

rolling exercises are used to improve the body's flexibility and/or massage muscles that are tight/sore. Each district school was given a set of foam rollers (10) with mobile cart. This app includes: demonstration videos, step-by-step images, and information regarding muscles targeted.

Recommended Free App - "Pop Flux"

Pop Flux is another excellent interactive gaming app that is played with movement of the entire body! Jab, poke, or head-butt the virtual "bubbles" as you move side-to-side to avoid danger! Use "Pop Flux" during fitness stations to see which student can get the highest score!

(5/31/13)

Purchased App - "iTreadmill"

This award-winning app will immediately transform your iPod Touch into a functional treadmill! The iPod device may be held or stored in one's pocket during movement/activity to accurately measure: step count, distance, calories burned, speed (current, average, pace), time elapsed, strike rate (steps/min).

www.itreadmill.net

<http://www.youtube.com/watch?v=X8TTTB1i0w8>

Recommended Free App - "TED"

TED app provides speeches & lectures from some of the world's most fascinating people (i.e. education leaders, technology innovators, business moguls, music legends, more). The TED library offers more than 2,000 videos (available even when not online). You may view videos directly on your device(s), or use AppleTV to stream them through the HD projector!

(6/7/13)

Purchased App - "C-Fit Dance"

please note: download codes only for elementary and K-8 schools.

C-Fit Dance is a children's rhythmic movement program consisting of three different dance styles: Hip-hop, West African, and Latin fusion. The app's videos are differentiated for all skill levels. Stream the videos (via AppleTV) through hd projector for a active and enjoyable lesson! C-Fit Dance is great to use if the gym space is occupied by another group (i.e. "picture day"). Simply set up the HOPS media cart in the cafeteria or non-PE classroom. This app is being purchased only for elementary schools.

Purchased App - "Zombies, Run"

please note: download codes only for secondary level schools.

Zombies, Run is a popular 1st-player gaming app that takes you on a wild running adventure. Click the videos below to see how Zombies, Run is played.

http://www.youtube.com/watch?feature=player_embedded&v=xIRqBvYFxTo

<http://www.youtube.com/watch?v=GyFqZtKvya0>

This app can be used in the PE classroom by connecting the iPod Touch to a set of external speakers (found on HOPSports media cart). Students can run together as a group (perimeter of the gym or outdoors) to complete each mission. Also, you can mirror the app (via AppleTV) to show students live running statistics and items collected within the game. This app is being purchased only for middle schools and high school due to content (rated

ages +12).

Recommended FREE App - "Restaurant Nutrition"

Restaurant Nutrition provides nutritional content/labels for over 250 restaurants and +60,000 food items! Includes all U.S. fast food and chain restaurants, as well as gluten-free options.

Purchased App - "Obstacles XRT"

"Obstacles XRT will turn your gymnasium into an extreme obstacle course!" This app combines plyometric movements with high-intensity interval training (HIIT). Recent research has shown that HIIT training leads to maximum calorie burn post-workout (lasting up to 24 hours)! XRT offers three intensity levels (beginner, intermediate, advanced) to meet all students' fitness levels/needs. Over 20 unique obstacles courses/workouts are included- no equipment needed!

<http://obstaclesxrt.com/>

Recommended Free App - "AIRNow"

This app provides current air quality statistics. This information can be used to protect students' health during activity (both indoors and outdoors). AIRNow provides location-specific reports on air quality for both ozone and fine particle pollution (PE2.5). The AIRNow website below explains the dangers of poor air quality, as well as what actions people can take to protect themselves from unhealthy levels/standards (i.e. "code orange")

<http://airnow.gov/>

Directions:

Each school will receive an individual code to redeem the new purchased app. Codes can be found on a "shared" file within GoogleDocs, titled **PE "App of the Week"** (*with release date*). Directions to download the purchased app are below:

1. Click "App Store" icon on your iPad's desktop.
2. Click "Featured" on the bottom black navigation bar. Next, you will be directed to the main page of the "iTunes App Store".
3. Scroll all the way down to the bottom of the page, then click "Redeem".
4. Enter the individual code assigned to your school (found in "Shared with me" within GoogleDocs) in the text box. The app will immediately upload to your iPad's desktop.