

Jamie Klouser

Technology

- In phys ed 1st marking period I used a youtube video for fitnessgram.net. It is a website for activity and fitness assessment. The video was played over a speaker from an iphone. It is a cadence to push ups and situps and sets a pace the students try to keep up with. Their final score is based on lng they follow the cadence and they are than given a rank based on how far they made it.
- In marking period 3 when I have health, I plan on using google classroom to distribute assignments and post videos and facts.