



An Overview of Digital Technology in PE



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Introduction



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This presentation is available on the PEA
website from the 9th of March 2020

See www.PEAI.org

Join the PEAI



- Annual PEAI Conference (October - Reduced membership rates)
- Future CPD Events will be for PEAI members only
- Bi-annual newsletters on the latest developments in PE in Ireland
- PEAI Website www.peai.org *(members only resource section)
- Representative Teacher voice for PE in both the ASTI and TUI
- Representative Teacher voice for PE in Ireland in National Media

Without your membership, this event would not be possible!

Format of the Day

9.00am - 9.30am	Setting up your PE hall - Guidance from LCPE Teachers
9.30am - 10.00am	How to Capture a Performance in PE effectively
10.00am - 10.20am	Tea and Coffee Break
10.20am - 11.00am	Gathering Footage for a Performance Assessment
11.00am - 11.45am	Packaging your Performance
12 noon	Finish

Session 1 - Setting up your PE Hall

Physical Education Association of
Ireland (PEAI)

Regional Roadshows 2020

An Overview of
Digital Technology in PE



Digital Technology in PE



LCPE

- 50% of overall mark is submitted digitally
- Video analysis
- Video editing and student feedback
- Used as an aid for teaching and learning

SCPE

- Used throughout through a variety of curricular models
- Video editing, analysis and feedback
- Used as an aid for teaching and learning
- Used for SCPE Eportfolio / Portfolio

JCPE and NCCA PE Short course

- CBAs, formative assessment
- Video analysis
- Video editing, feedback
- Used as an aid for teaching and learning

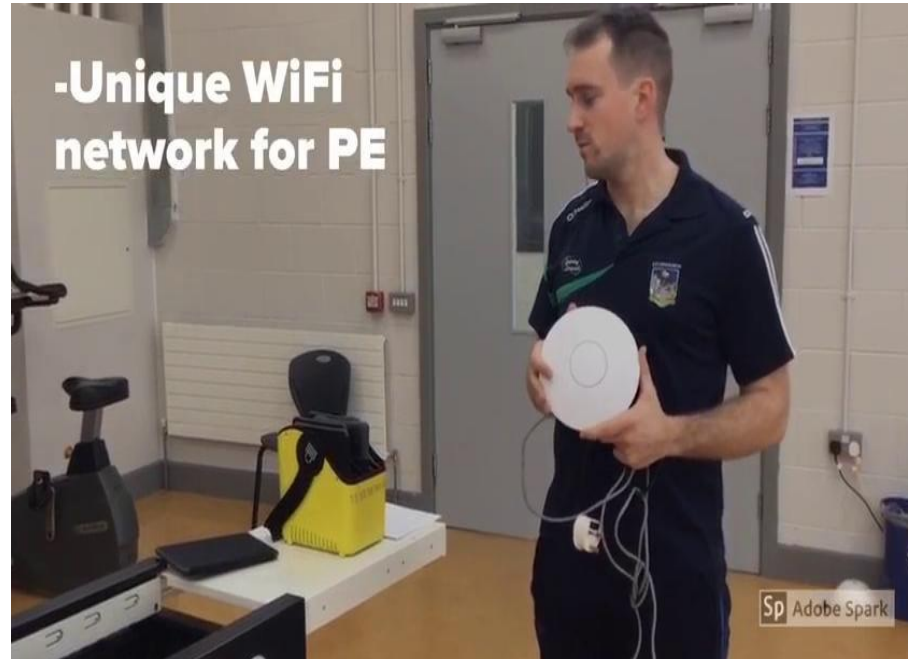
Digital Technology Requirement for LCPE

- Tablet: 9 - 10 inch screen, 16GB internal storage, 1080PHD camera, 9020x1200 screen resolution
- Operating System: Must be able to run Android 6.0, Windows 8.1 or IOS 8.1 or newer
- Hard Drive: 2x4TB external drives, USB hub/multiport, laptop with 11 inch screen and 32GB internal storage
- Funding: Schools will be responsible for funding apps, maintenance/replacement
- Short Throw Projector and Wifi in Sports Hall advisable *



**Circular
0061/2019**

Future Proofing your PE Department



LCPE Phase 1 Teacher Eoin Joy, Coláiste Íde agus Iosef

Equipment Examples & Costs

Item	Example (Brand)	Cost (per unit)
Tablet	iPad, Surface Pro, Android	€350-850
Short-throw Projector	Epson , LG, BenQ	€850-1,250
Tripods	Manfrotto, Canon, Geekoto	€80-200
Wireless adaptor	Apple TV System, Amazon Firestick, Google Chrome TV	€50-150
External hard drive (LCPE)	Samsung T5 SSD, Buffalo MiniStation Thunderbolt, Seagate Backup Plus Desktop Drive 5TB	€50-200
HDMI wires and cables	Belkin , Amazon Basics, Samsung, Sony	€20-50



BaM Video Delay

Description:

- “Hands free” continuous playback but with a delay
- Up to Full HD (1080p) at 30 frames per second
- Universal app for both **iPhone and iPad**
- Delays from 1 second up to 2 minutes
- 2x2 mode: 4 different delays so you can see yourself 4 times in a row

Benefits:

- Immediate feedback for players and a great way for self analysis
- Also no tapping, rewinding or other interactions are needed
- Once set up it works hands free so you can focus on your performance

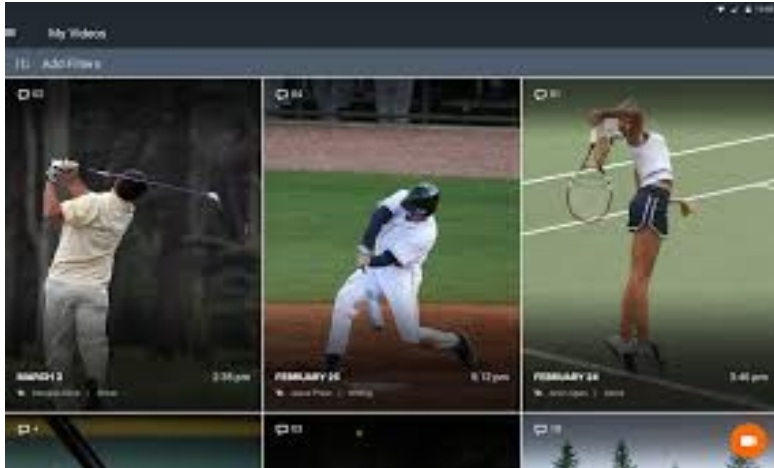
Cost for Apple:

€7.20

Android Alternative:

Video Delay Instant Replay
With Slow Motion

Cost: Free



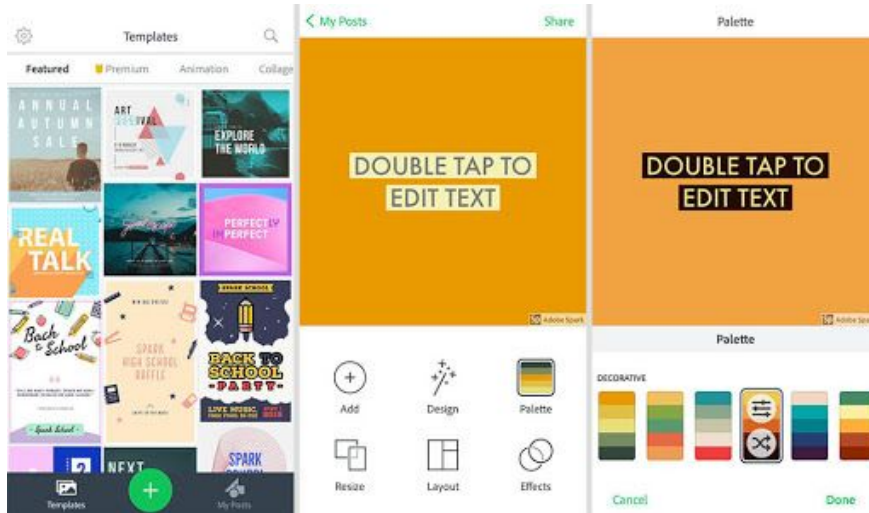
Hudl Technique

- Analyse your technique in slow-motion
- Record your technique in HD and analyse using slow motion and drawings
- Learn from the best by comparing your videos side-by-side with professional athletes
- Watch drills from professional coaches and share your videos to get expert feedback
- Available on iPad and Android for **free**

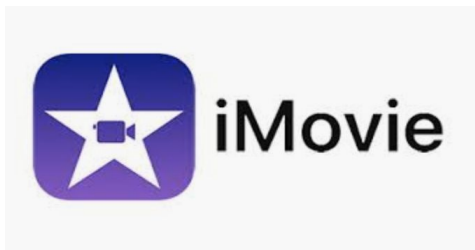


Adobe Spark

- Allows the user to create social graphics, web pages, and short videos.
- Available through app for iPad
- Available through <https://spark.adobe.com/>
- Both are available with free starter packs. Premium options are available



iMovie and Microsoft Word



- Video editing software
- Audio editing features
- Video color settings
- Crop & rotate video clips
- Video effects & transitions between clips
- Video speed change

- 1,600 Reporting Booklet for PAP
- Enter and format text and 16 images
- Save and print documents
- Ensure compatibility with older versions of Word
- Access to Computer Room in school and or at home

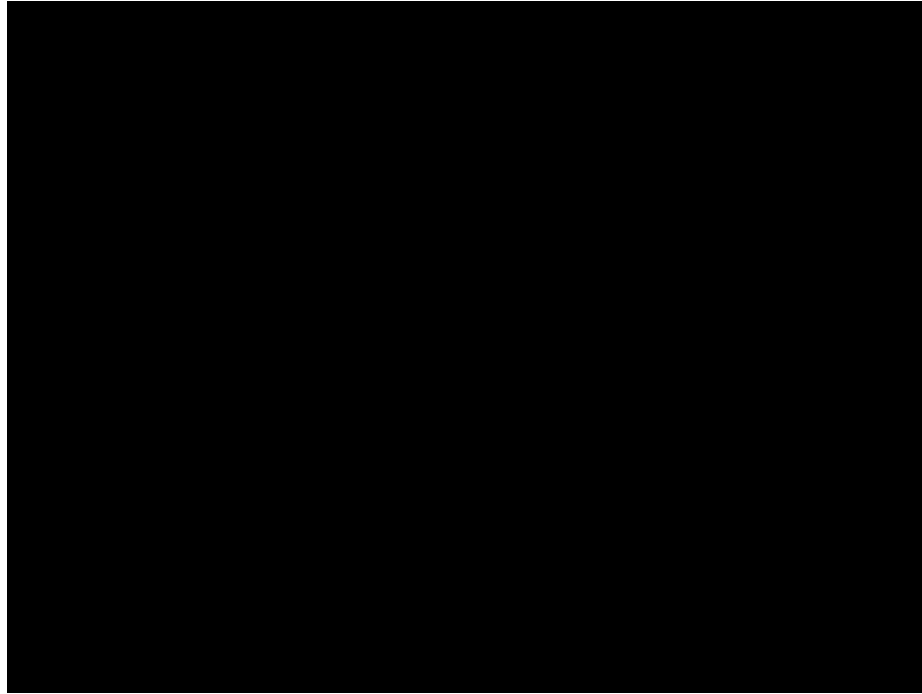
Google Drive / Microsoft One-Drive



- Adapts video playback to internet speed
- Save notebooks to OneDrive
- Edit Office docs online simultaneously
- Online viewing for Office documents
- Upload multimedia from mobile devices
- Create & share folders
- Automatic camera roll backup

- 15 GB space / Cloud Storage
- Save Gmail attachments
- Google Photos
- Work smarter with apps
- Google Docs, Sheets, Slides and Google Forms
- Work offline
- Create & share folders
- Google Classroom

Advice from a Phase 1 LCPE Teacher



LCPE Phase 1 Teacher Hilary Griffin, St Leo's Carlow

Questions



Session Two

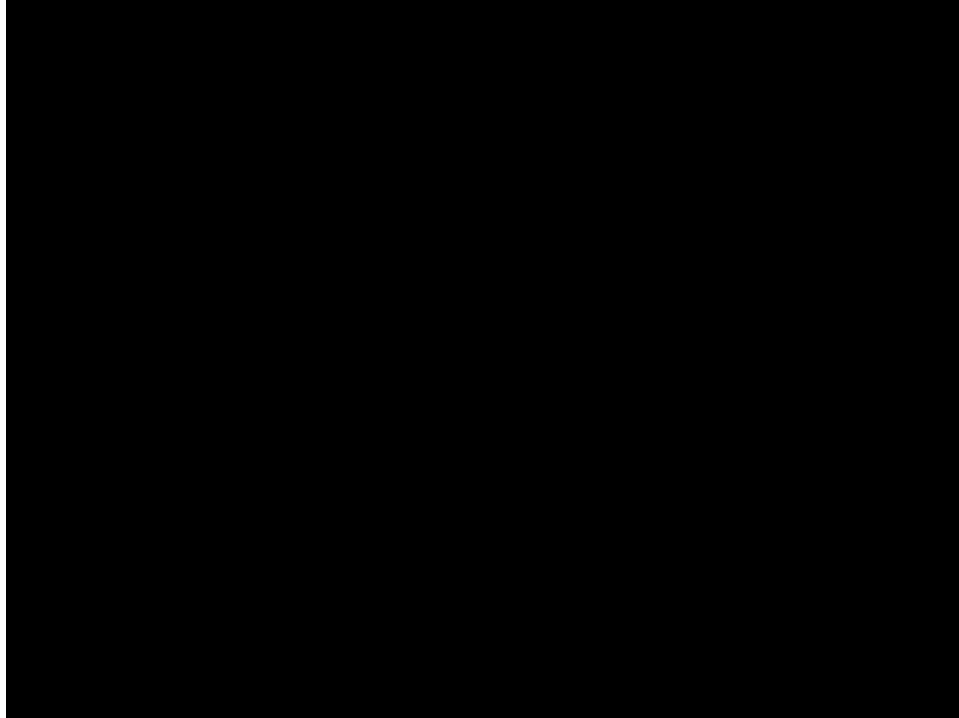
How to Effectively Capture a Performance in PE

What to consider before capturing a performance in PE

- Lighting
- Shot composition
- Audio
- Shot positioning
- Tripod / Panning
- Location
- Storyboarding
- Logistical considerations
- AUP will need updating (Speak with management)



Example - Digital Technology supporting assessment in PE






Think, pair, share

- With a partner, based on what you have seen in the video, what digital technology skills do your students need?
- How do you plan on working with your students on improving these skills?
- Discuss for 5 minutes and feedback to the wider group



Breakout Task 1 - 10 minutes

In pairs, use your digital device to capture your partner performing a lay-up using the following criteria;

Basketball Layup Rubric			
1. The opposite foot to the hand laying up the ball is jumped off			
2. The leg on the same side as the hand laying up the ball is driven up to help provide lift			
3. A player's eyes should be focused on the basket			
4. The shooting hand should extend fully pushing through the ball and finishing with a flick of the wrist			
5. The ball should make a light touch off the backboard and into the basketball hoop			

Don't Forget!

1. Ensure the device is recording in landscape mode
2. Ensure lighting is adequate
3. Record the lay-up from a variety of positions

During your tea and Coffee Break



Adobe Spark
Tutorial



iMovie Tutorial

Use your camera on
your device to open
the QR codes or use a
QR code reader if
running older software



Tea, Coffee, Snack Break



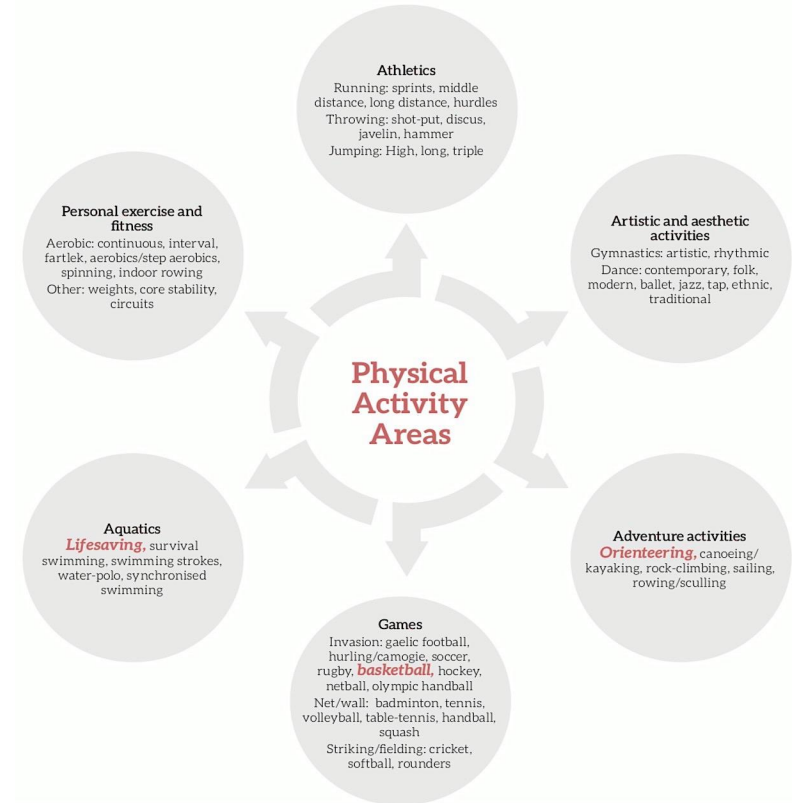
Session Three

Beginning to Gathering Footage for an LCPE Performance Assessment

30% - Performance Assessment

- Teacher and students will agree **three** from the list of the following **six** areas at the beginning of 5th Year:

- **Athletics**
- **Artistic and Aesthetic Activities**
- **Adventure**
- **Aquatics**
- **Games**
- **Personal Exercise and Fitness**



30% - Performance Assessment

- Learners chooses **one** of the three selected physical areas being studied for their performance assessment
- Video and analysis of performance submitted to SEC before end of March of 6th Year
- Video must be in MP4 format and no longer than 8 minutes
- It will require approximately 10 hours of student work including activities undertaken in class
- Comprises a series of video clips and 5 frames which may include text/images
- The video should be of sufficient duration to demonstrate the learner's **best performance** over the assessment period

Components of the Performance Assessment

The video should include evidence of the following:

- overall performance
- **skills and techniques* (focus for today)**
- tactics, strategies, composition and training considerations as applicable
- knowledge and application of relevant rules, regulations and codes of practice
- adherence to safe practice of the physical activity.



The Role of the PE Teacher

- Ensure the video is conducted in the school setting
- Ensure the video is the learners own work
- Provide guidance and advice to students on how they can capture their **best performance** effectively
- Support your students with the effective and efficient use of digital technology
- Focus on the skills, techniques and strategies from pages 33 to 45 of the LCPE Specification
- Provide ongoing opportunities for learners to capture their performances and to **reflect** upon how they might improve



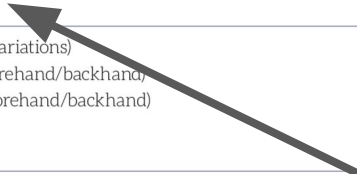
(NCCA Guidelines for Performance Assessment Guide, 2018)

Skills and Techniques - Badminton

- Service (high/low)
- Net play (forehand/backhand)
- Clears (forehand/backhand)
- **Drop shots**
- **Smash**

All requirements for skills and techniques are listed in pages 33-45 of the NCCA LCPE Specification for all physical activities

NET/WALL GAMES	SKILLS AND TECHNIQUES
Badminton	<ul style="list-style-type: none">▶ Service (high/low)▶ Net play (forehand/backhand)▶ Clears (forehand/backhand)▶ Drop shots▶ Smash
Tennis	<ul style="list-style-type: none">▶ Service (variations)▶ Drives (forehand/backhand)▶ Volleys (forehand/backhand)▶ Lob▶ Smash
Table tennis	<ul style="list-style-type: none">▶ Service (forehand/backhand variations)▶ Drives (forehand/backhand)▶ Push (forehand/backhand)▶ Block▶ Smash
Volleyball	<ul style="list-style-type: none">▶ Service (under/over arm, frontal, floating/side floating)▶ Volleying (set forward/backward)▶ Forearm pass/dig▶ Smash/spike▶ Blocking
Squash	<ul style="list-style-type: none">▶ Service (forehand/backhand variations)▶ Drives (forehand/backhand)▶ Volleys (forehand/backhand)▶ Boasts▶ Lob



Badminton Practical Task

- In groups of 6, (taking turns playing doubles and then rotating) capture the skills and techniques required for the Badminton LCPE Performance assessment
- Ensure, the quality of footage portrays the participants **best** performance
- Each participant will need footage on their own personal device for the next session

Skills and Techniques

- Service (high/low)
- Net play (forehand/backhand)
- Clears (forehand/backhand)
- **Drop shots**
- **Smash**

Session Four

Packaging Your Footage

Packaging your Video Footage

- Using the badminton video footage you gathered in session three, import the video clips you recorded and begin to edit and package your footage into Adobe Spark / iMovie / Other
- Remember that your video should highlight your best performance in the skills and techniques as highlighted in the LCPE Specification
- Voiceovers, subtitles, captions and slow motion is not permitted

Skills and Techniques

- Service (high/low)
- Net play (forehand/backhand)
- Clears (forehand/backhand)
- Drop shots
- Smash

Colleague Feedback and Discussion

- With a partner, share, view and provide some brief feedback on your completed videos
- Reflect on today's workshop and consider what steps you and your PE Department could/will take in the near future to facilitate the development of digital technologies in your school





LCPE & SCPE

You are here: [Home](#) > LCPE & SCPE

NCCA LCPE Promo Video



Resources

LCPE

LCPE Assessment Guidelines PA

LCPE Assessment Guidelines PA

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Download 

Download 

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Members Area

[My PEAI Account](#)

[Members Page](#)

Useful Websites, Resources and Support

- <https://thepegeek.com>
- <https://ncca.ie/en>
- <https://teachercpd.ie>
- <https://www.jct.ie/home/home.php>
- <https://www.pdst.ie> - (In school support)
- PDST WhatsApp Groups - See local Education Centre for upcoming workshops



Event Feedback - Scan QR Code to fill out brief google form!

shorturl.at/uBE89



PEAI Clothing Range and Online Shop



QUICK VIEW

Personalise 

The Physical Education Association of
Ireland Aston T-Shirt

From €30.00

150 Reward Points



Personalise 

The Physical Education Association of
Ireland Aston T-Shirt (Kids)

From €20.00

100 Reward Points



Personalise 

The Physical Education Association of
Ireland Suir Half-Zip Brushed Top

From €50.00

250 Reward Points



Personalise 

The Physical Education Association of
Ireland Suir Half-Zip Brushed Top (Kids)

From €35.00

175 Reward Points

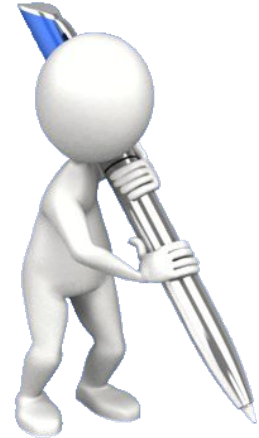


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PEAI Conference 2020

- 9th and 10th of October, 2020
- Institute of Technology, Carlow
- Over 30 Workshops on Junior and Senior Cycle PE
- Limited places
- Reduced costs for PEA I Members
- Online Booking via PEA I in late September / early October





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See www.PEAI.org



Finally

