

Interactive PE Course Description



Interactive PE (iPE)

Digital curriculum for physical education
(grades 7 - 12)



Comprehensive

- Two complete semester courses - iPE1, iPE2.
- Fully scoped and sequenced, 18 units per course.
- More than 200 lessons, assignments, and assessments including final examinations.

Best practices*

- National physical education standards.
- Grade level outcomes (GLOs).
- Physical literacy - balanced cognitive and kinetic curriculum.

Proven

- Integrated digital learning platform - blended learning + flipped class.
- Education as a service - no upfront investment required.
- More than 100,000+ US/Canadian students have successfully completed iPE.



*SHAPE America. (2013). National Standards for K-12 Physical Education. Reston, VA: Author.



THE INTERACTIVE WAY

HOW WE DO WHAT WE DO



RELEVANT

Lesson titles are the questions learners have on their mind.

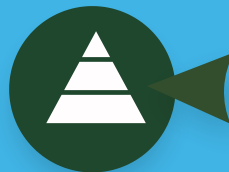
DIGITAL

Use technology to teach without having to teach technology.



Linear

Completion of a lesson unlocks access to the next lesson in the curriculum sequence.



Consistent

A common lesson approach and format. Learners know what to expect.



Brief

Video lessons are typically four to six minutes in length.



FORMATIVE ASSESSMENTS

Lessons allow learners to demonstrate their grasp of the subject material. Unlimited attempts encourages achievement. Scores are the average of attempts.



INDEPENDENT LEARNING

Digital learning platform allows learners a degree of ownership to learn the way they learn best.

WHAT'S THE BIG IDEA?

Each lesson ends with a single "big idea" - a primary message students relate to.



EDUCATOR TOOLKIT



Real time ability to view learner activity, progress, and achievement.

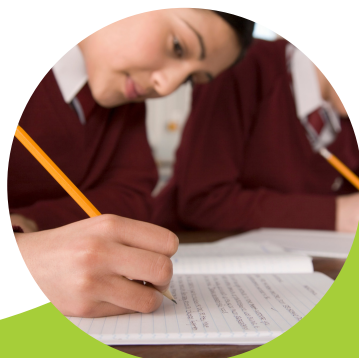


BLENDED LEARNING

An education program in which a student, while attending a "brick-and-mortar" school structure, learns in part through online delivery of content and instruction with some element of ownership over individual learning style.

FLIPPED CLASSROOM

An instructional strategy and a type of blended learning, which aims to increase student engagement and learning by having pupils complete lessons at home and work on live problem-solving during class time.



iPE1: Units of Study

01 YOUR START LINE

02 PHYSICAL LITERACY

03 LET'S GET MOVING

04 WHY MOVEMENT MATTERS

05 MOVEMENT JOURNALING (A)

06 THE HEART OF YOUR MOVEMENT

07 YOUR HEART TRAINING

08 YOUR CARDIO

09 YOUR ENDURANCE

10 MOVEMENT JOURNALING (B)

11 YOUR ENERGY

12 YOUR NUTRITION

13 YOUR FLEXIBILITY

14 YOUR STRENGTH

15 MOVEMENT JOURNALING (C)

16 YOUR MOVEMENT GOAL

17 YOUR FINISH LINE

18 YOUR FINAL



Physically literate individuals have the confidence, skills, and knowledge to enjoy a lifetime of healthful physical activity.



iPE1 Curriculum



01 YOUR START LINE

- 1.1 Welcome to Interactive PE
- 1.2 Why iPE?
- 1.3 What is required for this course?
- 1.4 How does iPE work?
- 1.5 What is the iPE honor code?
- 1.6 What do you hope to learn in PE?


02 PHYSICAL LITERACY

- 2.1 What should I learn in physical education?
- 2.2 What physical experiences matter?
- 2.3 What are the physical literacy learning goals?
- 2.4 Is physical activity the same as physical education?
- 2.5 What is meaningful PE?

03 LET'S GET MOVING

- 3.1 Why movement?
- 3.2 How do I start a movement program?
- 3.3 How often should I be active?
- 3.4 What is the best activity for health and fitness?
- 3.5 What does it mean to be physically healthy?

04 WHY MOVEMENT MATTERS

- 4.1 What is physical fitness?
 - 4.2 Does movement make me smarter?
 - 4.3 Can music enhance my movement?
 - 4.4 What is your movement personality?
 - 4.5 Assignment: Discover your movement personality
 - 4.6 Why should I journal?
- 



iPE1 Curriculum

05 MOVEMENT JOURNALS

- 5.1 Daily Movement Journal - A
- 5.2 Daily Movement Journal - B
- 5.3 Daily Movement Journal - C
- 5.4 Daily Movement Journal - D
- 5.5 Daily Movement Journal - E
- 5.6 PACE POINTS

06 THE HEART OF MOVEMENT

- 6.1 Why is my heart rate so important?
- 6.2 How do I measure my heart rate?
- 6.3 What is my resting heart rate?
- 6.4 What is my maximum heart rate?
- 6.5 What about self-assessment?
- 6.6 Let's do the Rockport

07 YOUR HEART TRAINING

- 7.1 What are my heart training zones?
- 7.2 How else can I measure intensity?
- 7.3 What is my recovery heart rate?
- 7.4 How do I strengthen my heart?
- 7.5 The heart of fitness

08 YOUR CARDIO

- 8.1 Why do I need cardio?
- 8.2 How do I choose my cardio?
- 5.4 Why warm up and cool down?
- 8.4 What happens in the first ten minutes of physical activity?
- 5.3 What is the hard-easy principle?



iPE1 Curriculum



09 YOUR ENDURANCE

- 9.1 What is the difference between aerobic and anaerobic exercise?
- 9.2 Is lactic acid good for you?
- 9.3 What is a second wind?
- 9.4 What causes muscle soreness?
- 9.5 Is walking as good as running?

10 MOVEMENT JOURNALING

- 10.1 Daily Movement Journal - G
- 10.2 Daily Movement Journal - H
- 10.3 Daily Movement Journal - I
- 10.4 Daily Movement Journal - J
- 10.5 Daily Movement Journal - K
- 10.6 PACE POINTS

11 YOUR ENERGY

- 11.1 How many calories do I burn in a day?
- 11.2 How many calories during physical activity?
- 11.3 What is the real scoop on calories?
- 11.4 How do I make the calories in-calories out connection?
- 11.5 Your burn rate

12 YOUR NUTRITION

- 12.1 How do I read nutrition labels?
- 12.2 What does the nutrition label tell us?
- 12.3 Should I eat before or after physical activity?
- 12.4 What is the best food plan?
- 12.5 Your calorie connection



iPE1 Curriculum



13 YOUR FLEXIBILITY

- 13.1 What is flexibility?
- 13.2 What makes me flexible?
- 13.3 Are there different types of stretches?
- 13.4 What is yoga about?

14 YOUR STRENGTH

- 14.1 Should I lift weights?
- 14.2 What is the best weight training?
- 14.3 What are sets and repetitions?
- 14.4 What are myths and misconceptions about strength training?
- 14.5 Machine weights or free weights?

15 MOVEMENT JOURNALING

- 15.1 Daily Movement Journal - L
- 15.2 Daily Movement Journal - M
- 15.3 Daily Movement Journal - N
- 15.4 Daily Movement Journal - O
- 15.5 Daily Movement Journal - P
- 15.6 PACE POINTS

16 YOUR MOVEMENT GOAL

- 16.1 What is the secret to movement?
- 16.2 What is your movement goal?
- 16.3 What is your movement plan?
- 16.4 CAPSTONE Dear future self.

17 YOUR FINISH LINE

- 17.1 Course evaluation
- 17.2 Practice Final

18 YOUR FINAL

- 18.1 Final Exam

iPE2: Units of Study

01 YOUR STARTING LINE

02 YOUR FITNESS GOAL

03 TRACKING YOUR FITNESS

04 YOUR FITNESS BRAIN

05 YOUR FITNESS MOTIVATION

06 YOUR FITNESS FUNDAMENTALS

07 YOUR FITNESS INTENSITY

08 YOUR FITNESS POTENTIAL

09 YOUR FITNESS FUEL

10 YOUR FITNESS BODY

11 YOUR REST AND RELAXATION

12 YOUR FITNESS SAFETY

13 YOUR SPORTSMANSHIP

14 YOUR FINISH LINE

15 BE A HERO . . . SAVE A LIFE

16 COURSE REVIEW

17 YOUR FINAL EXAM



To move the body, one must first engage the brain.



iPE2 Curriculum

01 YOUR STARTING LINE

- 1.1 Welcome to Interactive PE
- 1.2 What is required for this course?
- 1.3 How does Interactive PE work?
- 1.4 What is the Interactive PE honor code?
- 1.5 Assignment: Evaluate your fitness
- 1.6 CLAIM YOUR PACE POINTS

02 YOUR FITNESS GOAL

- 2.1 What is the secret to fitness?
- 2.2 What is your fitness goal?
- 2.3 What's the difference between short term and long term goals?
- 2.4 What is your fitness plan?
- 2.5 Assignment: Your fitness goal
- 2.6 CLAIM YOUR PACE POINTS

03 TRACKING YOUR FITNESS

- 3.1 What is the best activity overall fitness?
- 3.2 How often should I be active?
- 3.3 Why do I journal my fitness activity?
- 3.4 What fitness app should I use?
- 3.5 CLAIM YOUR PACE POINTS

04 YOUR FITNESS BRAIN

- 4.1 How does daily exercise improve my school day?
- 4.2 How does exercise improve my G.P.A.?
- 4.3 Who is in charge of my fitness?
- 4.4 Why are active people better at time management?
- 4.5 CLAIM YOUR PACE POINTS

05 YOUR FITNESS MOTIVATION

- 5.1 Is physical activity a priority?
- 5.2 Should I have an exercise partner?
- 5.3 What are the reasons to exercise with music?
- 5.4 How do I reward myself?
- 5.5 How do I cultivate motivation? (5:52)
- 5.6 CLAIM YOUR PACE POINTS

06 YOUR FITNESS FUNDAMENTALS

- 6.1 Do I need to be concerned with the skills-related components of fitness?
- 6.2 Can my heart rate tell me how fit I am?
- 6.3 What does it mean to have a solid core?
- 6.4 How do I improve coordination?
- 6.5 CLAIM YOUR PACE POINTS

07 YOUR FITNESS INTENSITY

- 7.1 Is vigorous exercise necessary?
- 7.2 What does it mean to go anaerobic?
- 7.3 What is high intensity interval training?
- 7.4 Which is better - interval training or endurance training?
- 7.5 CLAIM YOUR PACE POINTS





iPE2 Curriculum

08 YOUR FITNESS POTENTIAL

- 8.1 What are fitness principles?
- 8.2 What does it mean to train to peak?
- 8.3 How does progressive overload work?
- 8.4 What are the best habits of highly fit people?
- 8.5 CLAIM YOUR PACE POINTS

09 YOUR FITNESS FUEL

- 9.1 How many calories am I really eating?
- 9.2 Can I "out-exercise" poor eating?
- 9.3 What's the real scoop on bread, carbs,
- 9.4 What's the skinny on fats?
- 9.5 YOUR PACE POINTS

10 YOUR FITNESS BODY

- 10.1 Is fitness more important than body weight?
- 10.2 Why do so many people get diabetes?
- 10.3 How does protein help build muscles?
- 10.4 What are the important muscle groups I should know?
- 10.5 CLAIM YOUR PACE POINTS

11 YOUR REST AND RELAXATION

- 11.1 Does exercise help relieve stress?
- 11.2 How do I learn to relax?
- 11.3 How does sleep affect my health?
- 11.4 How fast do I lose fitness when I stop exercising?
- 11.5 CLAIM YOUR PACE POINTS

12 YOUR FITNESS SAFETY

- 12.1 What if it hurts to exercise?
- 12.2 What's the difference between a strain and a sprain?
- 12.3 What causes heat exhaustion and a heat stroke?
- 12.4 How much sunshine do I need?
- 12.5 CLAIM YOUR PACE POINTS

13 YOUR SPORTSMANSHIP

- 13.1 What is sportsmanship?
- 13.2 What are the rules of positive play?
- 13.3 Why is it good to be a team player?
- 13.4 What are the unwritten rules of the
- 13.5 CLAIM YOUR PACE POINTS

14 YOUR FINISH LINE

- 14.1 Finish line or starting line?
- 14.2 What are the best fitness tips?
- 14.3 Assignment: Evaluate your fitness
- 14.4 Assignment: How did I do with my fitness goal?
- 14.5 CLAIM YOUR PACE POINTS

15 COURSE REVIEW

- 15.1 Course Evaluation
- 15.2 Practice Final
- 15.3 Practice Final (longer version)
- 15.4 CLAIM YOUR PACE POINTS

16 YOUR FINAL

- 16.1 Final Exam



ASSESSMENT



With iPE, teachers have an abundance of data on learner performance that may be used for authentic grading.

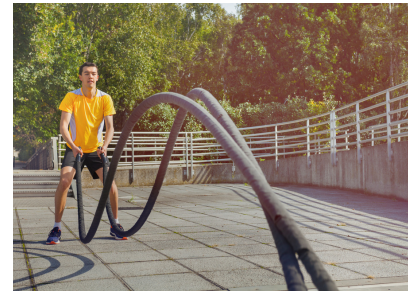
Formative Assessments



Fitness Evaluations



Movement Journals



Capstone Project



Course Evaluation



Final Examination





RATIONALE

WHY IPE?



A balanced cognitive and kinetic PE curriculum.



Improve learning outcomes and educator efficacy.



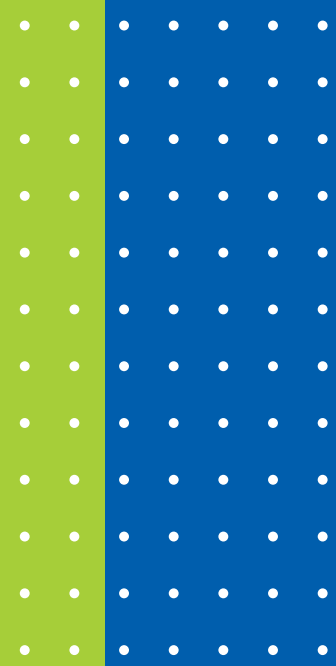
Educational technology is here to stay.



Essential to physical literacy inspired outcomes.



Cost effective - futureproof curriculum without upfront investment.



Ready for a curriculum walk-through?
Contact: active@interactivepe.com

