

Physical Education Apps

Pedometer

Pedometer will work as you walk, run, jog or do your treadmill. The special algorithm – the same as used in hardware pedometers – is implemented in the application. –Link - See more at:

<http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.CPDsf9qy.dpuf>

MusicWorkout

- A unique interval timer that utilizes your music to inform you when it's time to rest and time to work. Perfect for teachers, coaches, trainers and those looking to improve their fitness. Simply set the work and rest duration, along with the number of sets to begin your workout. –

- See more at: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.CPDsf9qy.dpuf>

iFitness HD

- An exercise companion app. Provides over 330 exercise images and full text descriptions. Allows tracking of progress for multiple users. Users create customized workouts. –

- See more at: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.CPDsf9qy.dpuf>

Nutrition Tips

This app gives you hundreds of interesting and useful nutrition tips and nutritional health facts — concisely written for quick and easy review. Referenced from Nutrition.gov, USDA.gov, and the Food and Nutrition Information Center, some of the most prominent leaders in food & human nutrition information! –Link - See more at:

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StopWatch

This stopwatch shows time on a digital display as well as on an analog clock face. The analog clock face is easy to collect information from during timing of a physical activity task or test. After the timing has finished, it is most convenient to read the precise time from the digital display. –Link - See more at: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.CPDsf9qy.dpuf>

Coach's Eye

- Videos students performing a skill. Then, play it back in slow-mo, backward, or frame by frame. You can draw and record a playback with verbal comments. Overall, a really great app for skill assessment allowing instant feedback for students. –

- See more at: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.CPDsf9qy.dpuf>

Snap Guide

Snapguide is a simple way to share and view step-by-step how to guides. Students can show skill progression or demonstrate the rules of a game by creating their own guides and share through email, Twitter, Facebook and more. –Link - See more at:

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Beep Test

- The beep test (also known as the pacer test and shuttle run test) is a standard fitness test used by professionals to test cardiovascular fitness. The beep test involves running back and forth between two markers at an increasing pace as indicated by audio beeps. Your fitness level will then be calculated based on how long you can keep the pace. –
- See more at: <http://www.sparkpe.org/blog/physical-education-pe-apps-for-teachers/#sthash.CPDsf9qy.dpuf>

Cardiograph

Cardiograph is an application, which measures your heart rate. You can save your results for future reference, and even keep track of multiple people with individual profiles. –Link - See more at:

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