

GCVSP PE 1 Technology Requirements

(All general System Requirements, as stated in the System Requirements document, still apply)

Physical Education 1 provides opportunities for students to become competent and/or proficient in two movement forms elected from a variety of choices. Students will also be able to design and develop a personalized physical fitness program, participate regularly in health-enhancing physical activity and meet the gender and age group health-related physical fitness standards. Students will self-assess their overall wellness, create personalized plans, and journal to reflect and improve in each area of their wellness. Students will use a variety of technology resources throughout the course.

The students will be required to video portions of the Pre and Post FITNESSGRAM Test to provide evidence that standards are being met. They will also be required to video demonstrations of each movement form. The students will use Google Drive to upload these videos to the instructor. The student is responsible for having a fitness sponsor administering the physical fitness test and overseeing/validating the movement form activity in compliance with Student Health and Fitness Act of 2005. The fitness sponsor must be one of the following: a teacher, coach, or a parent or guardian. Weekly Logs will also be used as validation.

Students will need to:

- Create 1 short video (no longer than 1 minute and 30 seconds) to condense each Fitness Gram Test.
- Create their own Google account to upload and share required videos.
- Have a means to record video (video camera, webcam, cell phone, etc.) and be familiar with how it works to upload required videos -- GCSVP is not responsible for any associated data charges.
- Make sure that file formats for uploading are acceptable. (Most cell phones and other video recording devices use acceptable file formats such as .mov, .avi, .mpeg, .wmv .) **Make sure NOT to use a .wmp file if by chance you create your videos on Windows Live Movie Maker.**
- Have a means to reduce file sizes to less than 1GB.
- Have a means to store recorded videos (flash drive, computer, cell phone, etc) and be able to keep videos for the duration of the course.
- Have computer knowledge to troubleshoot their recording and storage devices and computer connectivity.

Video Rules: (In order to get credit for the video, student must complete these steps)

- The video should be no longer than 1 minute and 30 seconds.
- Introduce Yourself.
- Perform the skill(s) or activity and make sure that you are clearly visible while performing each skill.
- The Sponsor needs to make a validation statement at the end of the video in order for student to get credit for the video. An example of this would be: "My name is Joe Sponsor and I am the Fitness Sponsor for Jill Participant. Jill Participant completed all the requirements for Fitness Testing and/or Movement Forms for the week."