

Using QR Codes with the Cooperative Fitness Challenge from PE Central

The following is an idea that one of the teachers who implements the Cooperative Fitness Challenge in their physical education program. By using this sheet with the QR codes she was able to easily have the kids watch the videos of each of the Challenges.

Title: QR Codes to help with instructions for the Cooperative Fitness Challenge

Equipment Needed: iPad, iPhone, QR Code Sheet located in this document,
Cooperative Fitness Challenge Poster Sets (no QR Codes on these)
Available here for purchase:

http://emerchant.aciwebs.com/remote_tocat.asp?m=115&c=159

QR Code Reader App:

<http://www.pecentral.org/apps/appdetail.asp?appid=92>

Program to Join: Cooperative Fitness Challenge
(<http://www.pecentral.org/fc/default.asp>)

Description:

I use the QR Codes as a means of instruction when it comes time to implement the Cooperative Fitness Challenge with my students. This is almost like a flipped classroom, where students watch something on-line for the information outside of class and then do activities based on that instruction in class.

I have 6 iPads available for this lesson. Students were divided into groups and given the iPad with instructions on how to access the QR reader, then, they worked on their own from that point. I had the equipment set up in the various stations and used posters with the QR Codes at each area.

At each station they read (scanned) the QR code with the iPad, watched the video of the Challenge, checked the written descriptions (on poster) and then began to do the activity. I had 4 to 5 students per group. Below is a picture of the sheet with the QR codes. My kids were very excited and loved this. They are looking forward to doing more challenges next week using the iPads. If I do not have access to them, they can do it by just reading the directions.

Submitted by Nancy Kelley-Cram from North Carolina. nkelley-cram@wcpss.net



Cooperative Fitness Challenge

QR Codes for PE Central Cooperative Fitness Challenge



**Partner
Jumping Jacks**



**Partner Sit Up
Throw and Catch**



**Crab Walk
Beanbag Pick Up**



The Frogger



Partner Plank Taps



On the Move Throw and Catch