Assignment 4 – Technology Integration Activity Design

Matthew Burford

Thompson Rivers University

EDDL 5101 – Educational Technology for Learning

Activity Description

Students must complete two (2) different 3km movement sessions a week to meet the classes physical activity requirements. Students can choose to run, walk or bike for their 3km, but they must accomplish the minimum distance to receive credit for the activity. Students will be asked to download the free STRAVA Run/Bike/Swim app to their phone that will track their distance, time, pace and create an image of their route. Students will be asked to take a screen shot of the of the image, which contains the required information, and submit it at the end of the week to our google classroom for the teacher to assess.

Please see Appendix A for a copy of the handout which will be given to all students. This handout explains the assignment and gives a clear explanation of what each student must do.

Scope

This learning activity will help students stay engaged and participate in physical education outside of the classroom.

This is particularly crucial for senior level students as their Physical Education (Active Living) classes currently fall under a hybrid system where students only see their teacher two times a week, instead of five. This means that in an already shortened year, senior students are receiving even less activity than others. By moving the fitness requirements outside of class time, we can maximize the amount of participation and activity in class.

Pre-requisites

None

Target Audience

Grade 11 and 12 students. Ages 15, 16, 17 and possibly 18

Learning Outcomes

Under BC's new curriculum plan, there are multiple learning standards for Active Living

11/12. The purpose of this assignment to focus of the participation competency. More

specifically:

- To "Overcome potential barriers to participation" (BC's New Curriculum) that can arise

    during a pandemic or when you have no driving force to keep you active.

- To find "ways [of monitoring] and [adjusting] physical exertion levels" (BC's New

    Curriculum).

Activity Materials

1. Cell Phone

2. The free STRAVA Run/Bike/Swim App

3. Computer

Assessment

This activity will be completed weekly. Assessment will be done on a weekly basis by completion of task.

Week	Assessment	Weight / Point System	Learning Outcomes
1	Check submission for completion on google classroom. During the read-through process, I will be looking for: • Distance, to ensure the correct distance has been done • Time it took to help confirm effort • Pace, to help confirm intensity and effort • Date, to ensure they are doing it multiple times a week and not just using the same screen shot from their first session • Image, to see what their route was	1 point for each 3km session completed. Maximum of 2 points a week. This assignment will account for 12.5% of their weekly assessment.	Participation: - Proper physical movement patterns - Ways to monitor and adjust physical exertion levels - Overcome potential barriers to participation
2	Same as Week 1	Same as Week 1	Same as Week 1
3	Same as Week 1	Same as Week 1	Same as Week 1
4	Same as Week 1	Same as Week 1	Same as Week 1
5	Same as Week 1	Same as Week 1	Same as Week 1
6	Same as Week 1	Same as Week 1	Same as Week 1
7	Same as Week 1	Same as Week 1	Same as Week 1
8	Same as Week 1	Same as Week 1	Same as Week 1

Delivery Methods

In order to introduce the assignment to the class three different platforms will be used.

They include:

- **In person instruction**

  o On the first day that we meet as a whole class, I want to explain the assignment

    to the students. I will have a hand out (Appendix A) to give to the students that

    explains all the steps involved with the assignment. Here I will go over everything

    they need to know as they follow along on the handout.

- **Video Explanation**

  o A video explaining the assignment which will go over the handout and all the

    steps involved with the assignment. The will posted on our Google Classroom so

    anyone at any time can reference it if they need to.

- **Handout Posted on Google Classroom**

  o The handout of the assignment will be posted on our Google Classroom for

    everyone to see and review at any time they time.

Activity Blueprint

Handout

Section / Paragraph	Information Included
1	Description of assignment - Each week, students must complete two (2) 3km movement sessions of running and/or walking and/or biking to meet physical activity requirements of the course. Each session must be properly recorded and submitted by the end of the week, on Friday, in the assignment posted for that week. You must use the approved running app to complete the assignment.

2	Detailed steps on how to properly complete the assignment
	1. Download and make an account on STRAVA; Run/Bike/Swim
	2. Go for your 3km run/walk/bike
	   • Start your app and have your location services/GPS turned on
	   • Click Start on the app and begin your movement

	• Move for a minimum of 3km. Any less will not be accepted
	• End your session.
	3. Once you are done your session, take one or more screenshots of the app in the summary of the session.
	 • The screenshot of the summary must include ALL of the following:
	  • Date of the session
	  • The time taken to complete the session
	  • Distance completed
	  • Map/Diagram/Image
	  • Average Pace
	 • If your distance shows in miles, that's okay, just know that 3km = 1.9 miles
	 • See photos on the next page for what the screenshot will look like
	4. Upload Screenshot to Google Classroom Assignment
	 • Upload your screenshot however you would like, but it needs to be clear, the dimensions of the image cannot be stretched or contorted, and it can't be a photo taken of your photo's screen (there is too much glare).
	 • What is acceptable is:
	  • Email your screenshot to yourself before uploading it.
	  • Upload the image directly from your phone.
	  • Text it to yourself and open it on your computer before uploading it.
	  • Putting it into a word document before uploading it (please do not change the dimensions or stretch the photo).

3	Example Image of what the screenshot should look like

Google Classroom

Section	Information Included
Home Page / Stream	On the home page of google classroom, students will be taken to the "stream". On the stream I will have an introduction post that introduces the assignment. Inside of the post will be a link to the assignment which is on the assignment page. • Hello Everyone. In class we went over our 3km Movement Assignment. Attached to this message you will find the handout for your reference in case you have lost your hard copy or would just like to have it on your computer.

	If you go into the assignment tab you will find the assignment for the week, and in there is where you will submit your images. Remember, they are due at the end of each week. If you have any questions please feel free to contact me and ask. Thanks, Mr. Burford
Assignment Tab	Under the assignment tab, students will find the assignment hand out in digital form for their reference. This will also be where they submit the assignment.

Universal Design for Learning

The activity has been designed so everyone who is actively participating can be successful. Each area has been designed to make the learning journey as attractable as possible (UDL on Campus) for everyone in the class. The assignment is flexible by nature and offers different options (UDL on Campus) to help students learn and achieve success. Two ways how this assignment supports universal design for learning are:

1. Allowing for students to perform different movements to complete the 3km instead of making it just a running assignment allows for full participation by everyone. By offering the option to either run, walk or bike students won't "feel bad because [they can't] participate like another student" (UDL on Campus). Any movement that students are capable of doing and raises their heart rate will suffice for the assignment. Timing, location and when it performed does not play a factor in the assignment. This allows for people to complete the assignment on their own time at their own comfort level. This way, instead of trying to please the teacher or compete with others, students will look at themselves and try to be the best learner they can be (UDL on Campus) without fear of judgement from others.

2. The instruction process will be delivered in 3 different ways.

    a. A physical handout of the assignment with detailed descriptions on what to do. This will help students visually see what they need to do. The document will be made in a set format, however, if students need larger fonts or different colors then I will adjust the document and hand it to them. This hard cop of the assignment will also be placed on the google classroom for everyone to refer to at any time.

    b. Verbally by the teacher in class. This will allow students to hear what is expected to be done. This allows for students who are auditory learners to feel included. While this is happening students will have the handout that they can follow along with. This will allow for students who learn best using both visual and audio skills to feel include.

    c. A quick PowerPoint video explaining the assignment and describing how to complete it will be made and posted on the google classroom for students to view at any time if they need to. This will help students who may be slower learners or afraid to ask questions in class by giving them a video they can continually watch and gain the information they need to be successful.

Digital Tools and Resources

   Needed for Assignment

   1. Google Classroom

   2. STRAVA App

3. GPS Google Maps Image

Needed by Students

1. Cell Phone

2. Computer

3. Delta Learns account for access to Google Classroom

References

BC's New Curriculum. (n.d.). Retrieved from https://curriculum.gov.bc.ca/curriculum/physical-

health-education/core/goals-and-rationale

Council of Canadian Universities. (2017). Accessible digital documents & websites. *Accessible*

Campus. Retrieved from http://acc.think33.com/wp-content/uploads/2014/07/A1-

AccessibilityinE-LearningStandardsandSpecificationsJul.pdf

Google Maps Image. [Image]. (n.d). Retrieved from https://www.mytechguys.ca/download-

google-maps-or-how-to-travel-without-an-internet-connection/

STRAVA Inc. (2009). STRAVA (14.0.0) [Mobile application software]. Retrieved from App Store.

STRAVA Icon. [Image]. (n.d). Retrieved from https://worldvectorlogo.com/logo/strava-2

STRAVA. Run and Cycling Tracking on the Social Network for Athletes. (n.d.). Retrieved from

https://www.strava.com/features

W3C. (2018). Accessibility. Retrieved from

http://www.w3.org/standard/webdesign/accessibility

UDL On Campus. (n.d.). [Video] Retrieved from http://udloncampus.cast.org/home

Appendix A

Active Living 11/12
3km Movement Assignment

Each week, students must complete two (2) 3km movement sessions of running and/or walking and/or biking to meet physical activity requirements of the course. Each session must be properly recorded and submitted by the end of the week on Friday in the assignment posted for that week. You must the approved running app to help complete this assignment.

Steps:

1. **Download and make an account for the approved Running App**
   1. STRAVA (If you want to bike you must use this one)

2. **Go for your 3km run/walk/bike**
   - Start your app and have your location services/GPS turned on
   - Push the START button to start your session and then start your movement
   - You can go for longer than 3km, but less than 3.0km will not be accepted.
   - Don't forget to end your session.
   - You cannot do the 3km and then manually enter the data after, I must be able to see all of the details regarding your route and session (Distance, Pace, Image)
   - Getting bored with your 3km?
     - Try a new route.
     - Listen to new music or a podcast.
     - Try interval running.
     - Walk to a destination such as a viewpoint or the beach.
     - Bring someone with you.

3. **Once you are done your session, take one or more screenshot of the app in the summary of the session.**
   - **The screenshot of the summary must include ALL of the following:**
     - Date of the session
     - Time taken to complete the session
     - Distance Completed
     - A map or diagram
     - Average Pace
   - If your distance shows in miles, that's okay, just know that **3km = 1.9 miles**

- See photos on the next page for what the screenshot will look like.
4. **Upload Screenshot to Google Classroom Assignment**
   - Upload your screenshot however you would like, but it needs to be clear, the dimensions of the image cannot be stretched or contorted, and it can't be a photo taken of your photo's screen (there is too much glare).
   - What is acceptable is:
     - Email your screenshot to yourself before uploading it.
     - Upload the image directly from your phone.
     - Text it to yourself and open it on your computer before uploading it.
     - Putting it into a word document before uploading it (please do not change the dimensions or stretch the photo).

If you foresee any part of this process being an issue, please contact me immediately so we can work something out.