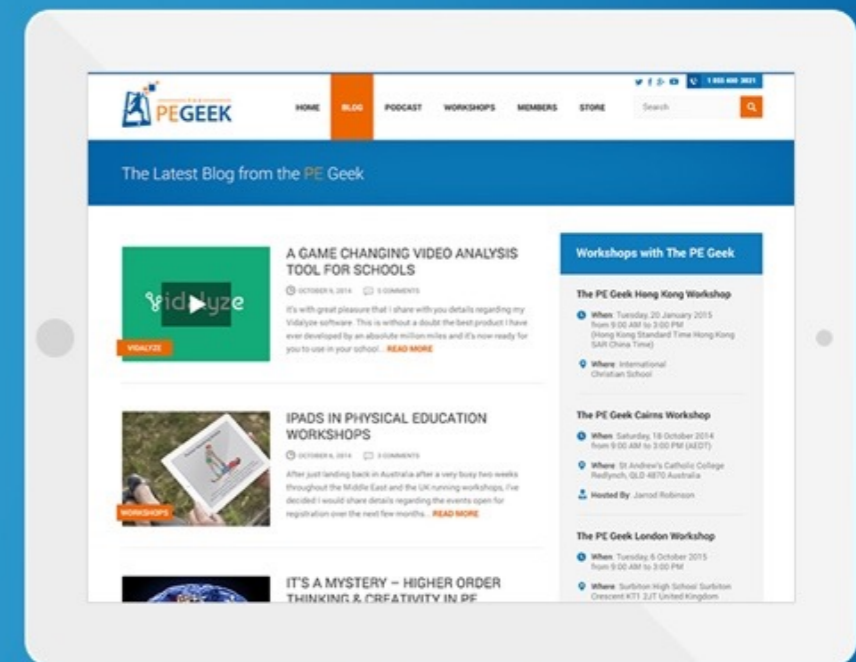
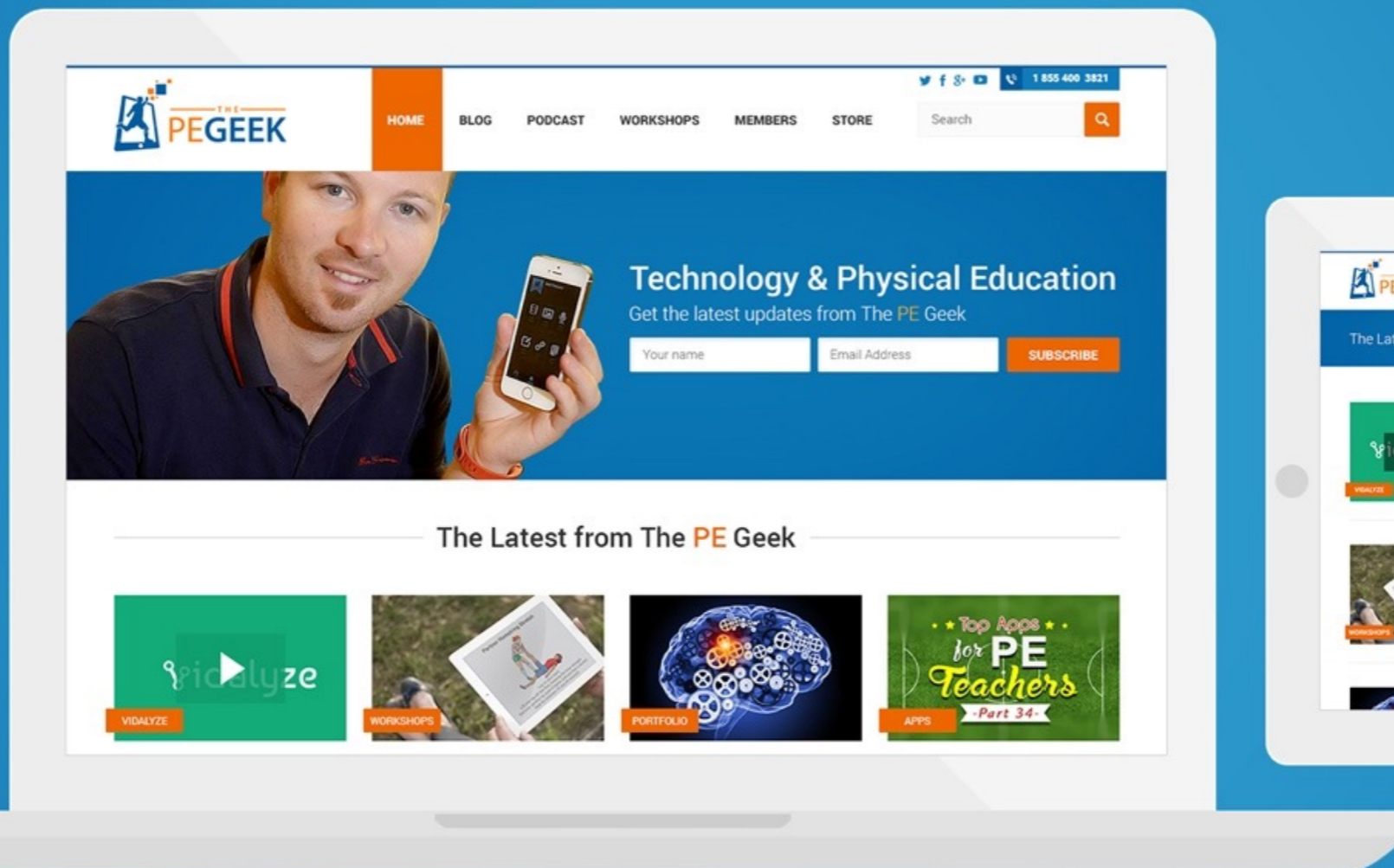


Help I Lost The Gym



www.thepegeek.com



Workshops

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Ireland
Germany
Scotland
U.A.E
Cambodia
Malaysia
New Zealand
Brunei
Australia
South Korea
Switzerland
India
Indonesia
Thailand
Jordan
Singapore
Hong Kong
England
Denmark
Vietnam
Kenya

App Developer

The PE Geek APPS

Download over 60 mobile applications for iPhone, iPad and Android apps designed exclusively by The PE Geek for Teachers and Physical Education specialists.

[VIEW MORE INFO](#)



Websites

An ever growing collection of Game Changing websites including Active Globe, Vidalyze & Easy Planner.

[VIEW MORE INFO](#)



Boort District School



Whats the Problem?





The PE Geek

@mrrobbo

Have you ever temporarily lost your gym or practical space to other events etc in your school **#pegeeks #physed**

99% Yes

1% No

243 votes • Final results





The PE Geek

@mrrobbo

Have you ever lost your gym or practical space at the last minute without warning? **#physed**
#pegeeks

98% Yes

2% No

124 votes • Final results



Where do you end up?



Cafeteria
Classroom
Studio
Corridor
Library **Drama** **Hall**
Multipurpose
Dance

Some Advantages



Some Advantages



App Based Options?



Superhero Workout



Superhero Workout

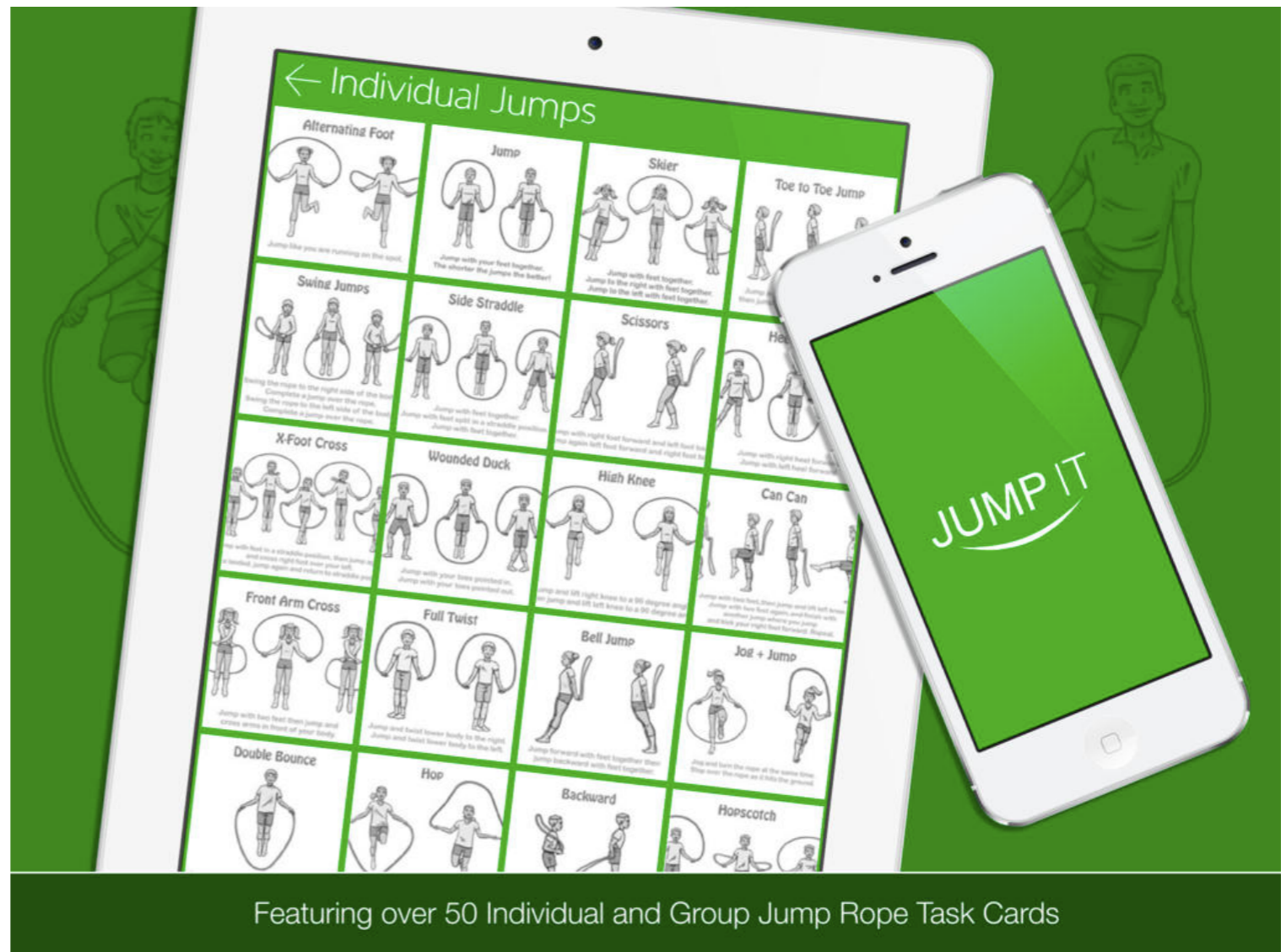


www.thepegeek.com/superhero

Jump It



Jump It



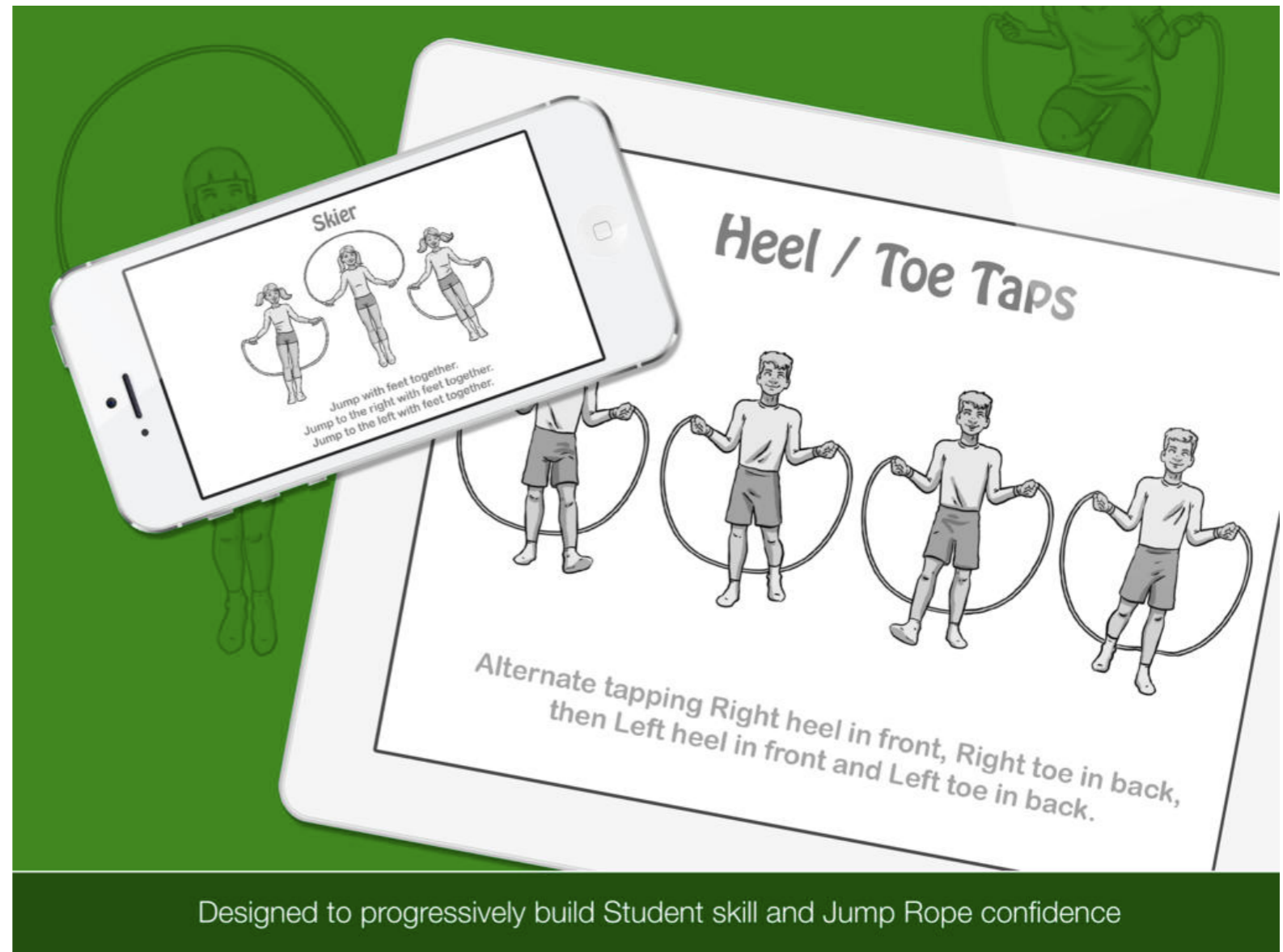
www.thepegeek.com/apps/jump



Jump It



Jump It



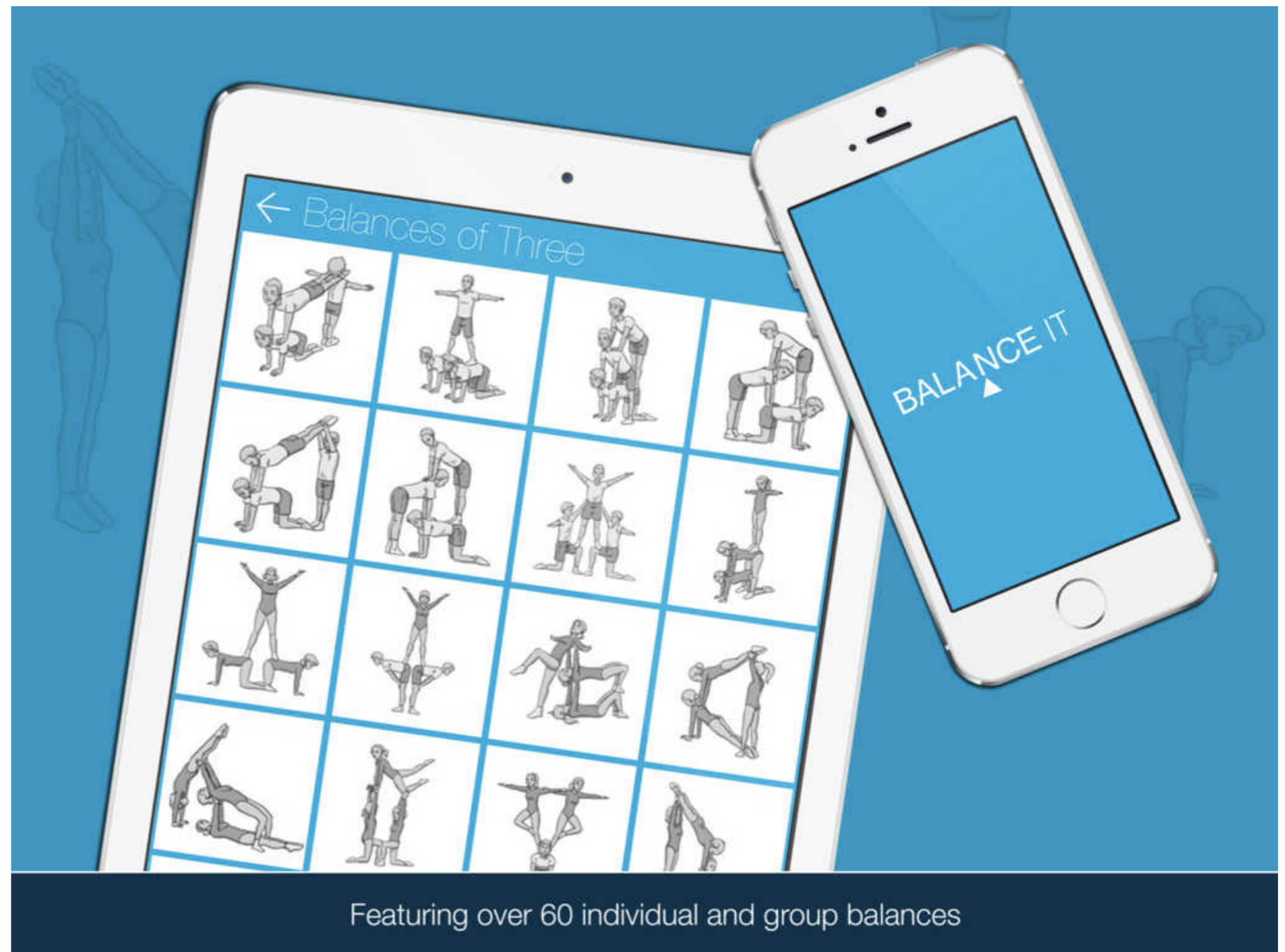
www.thepegeek.com/apps/jump



Balance It



Balance It



www.thepegeek.com/apps/balance

Balance It



 **Andy Pilkington**
@AndyPilks

 Follow

120 Kids on @pstjfc holiday club & pouring with rain outside!
BALANCE IT TIME!#physical #social@mrrobbo @MrAdamPE

4:28 AM - 28 Jul 2015

  1  2



 **Rod Kirkwood**
@rod_kirkwood

 Follow

Using the Balance It app on the big screen with Year 8 gymnastics @Horsham_College - thanks to @mrrobbo for the app.

7:44 AM - 30 Apr 2015

  9  15

www.thepegeek.com/apps/balance

Balance It



Bart Jones, MS

@exercys

Follow

K-3 2/3 person balance poses today. Ideas from Balance it App (@mrrobbo). Get it! #soyouthinkyoucanbalance #physed

2:10 AM - 20 Jan 2015

3 7



Ross Bridgeman

@PE_MrB

Follow

#gym activities with the balance it app. Kids loved it. @mrrobbo @ThePEGeekApps @PEgeeks #physed #physedideas

6:59 PM - 26 Jul 2014

11 13

www.thepegeek.com/apps/balance



Virtual Active



Virtual Active



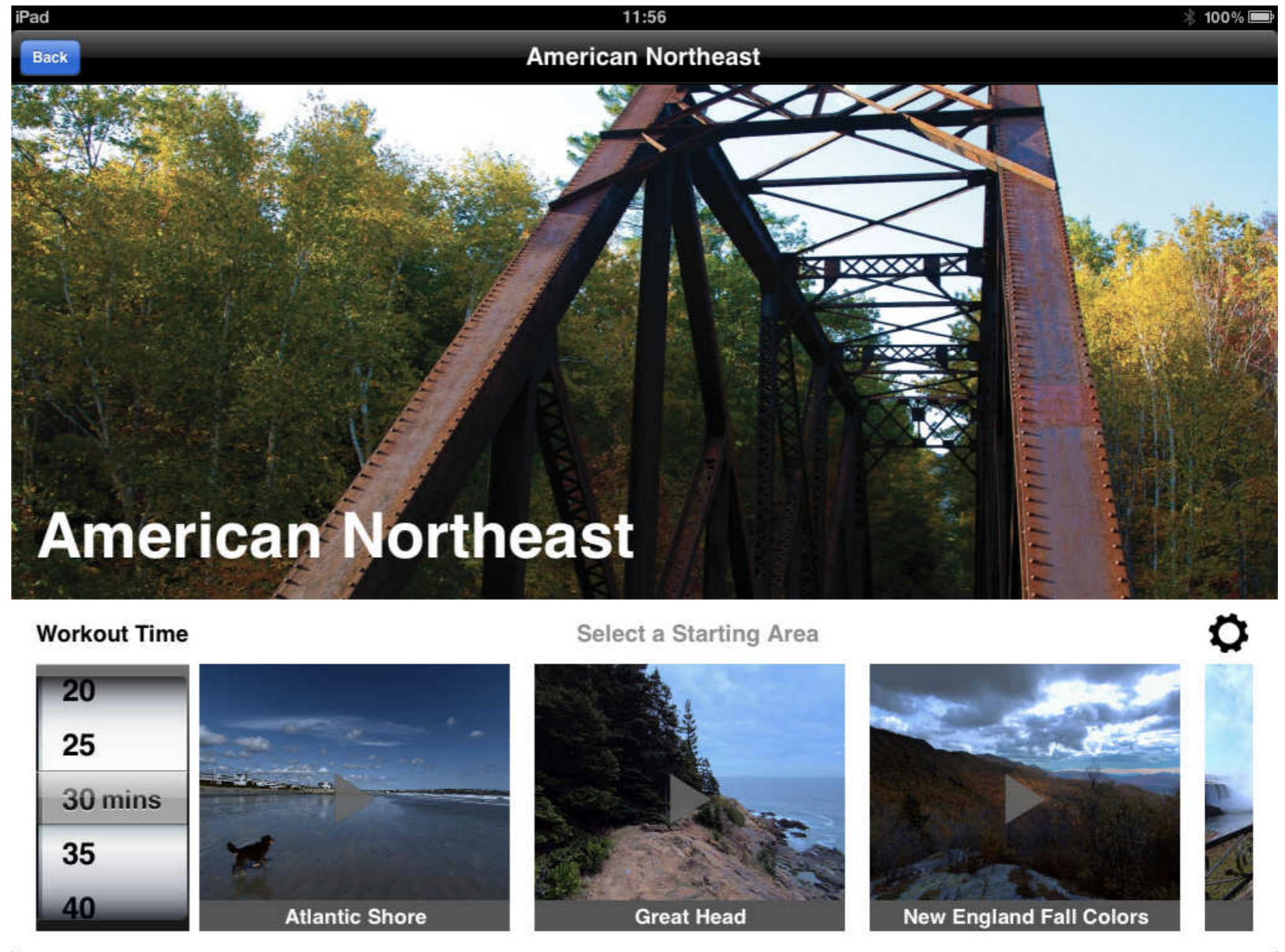
www.thepegeek.com/virtualactive



Virtual Active



Virtual Active



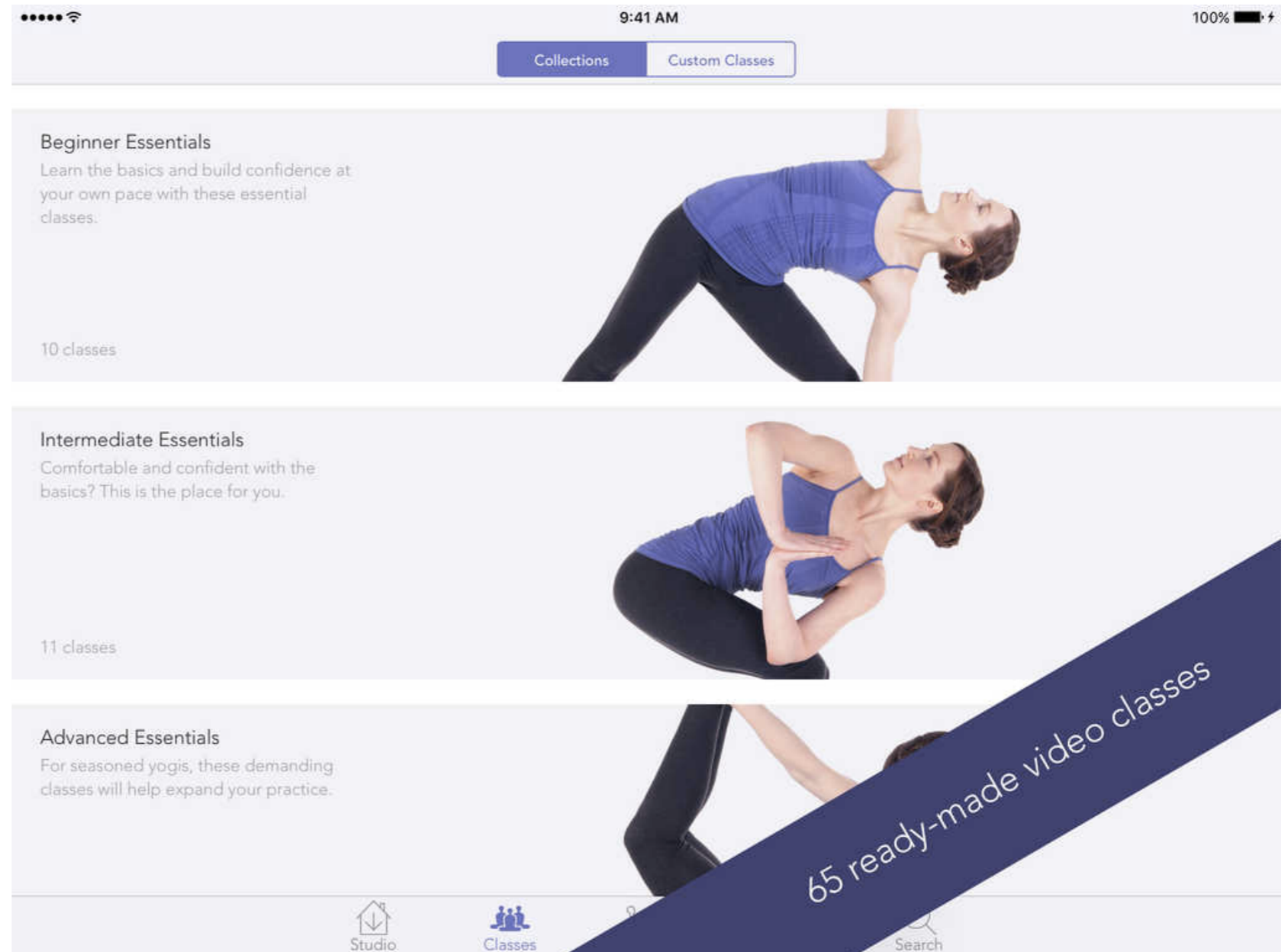
www.thepegeek.com/virtualactive



Yoga Studio



Yoga Studio



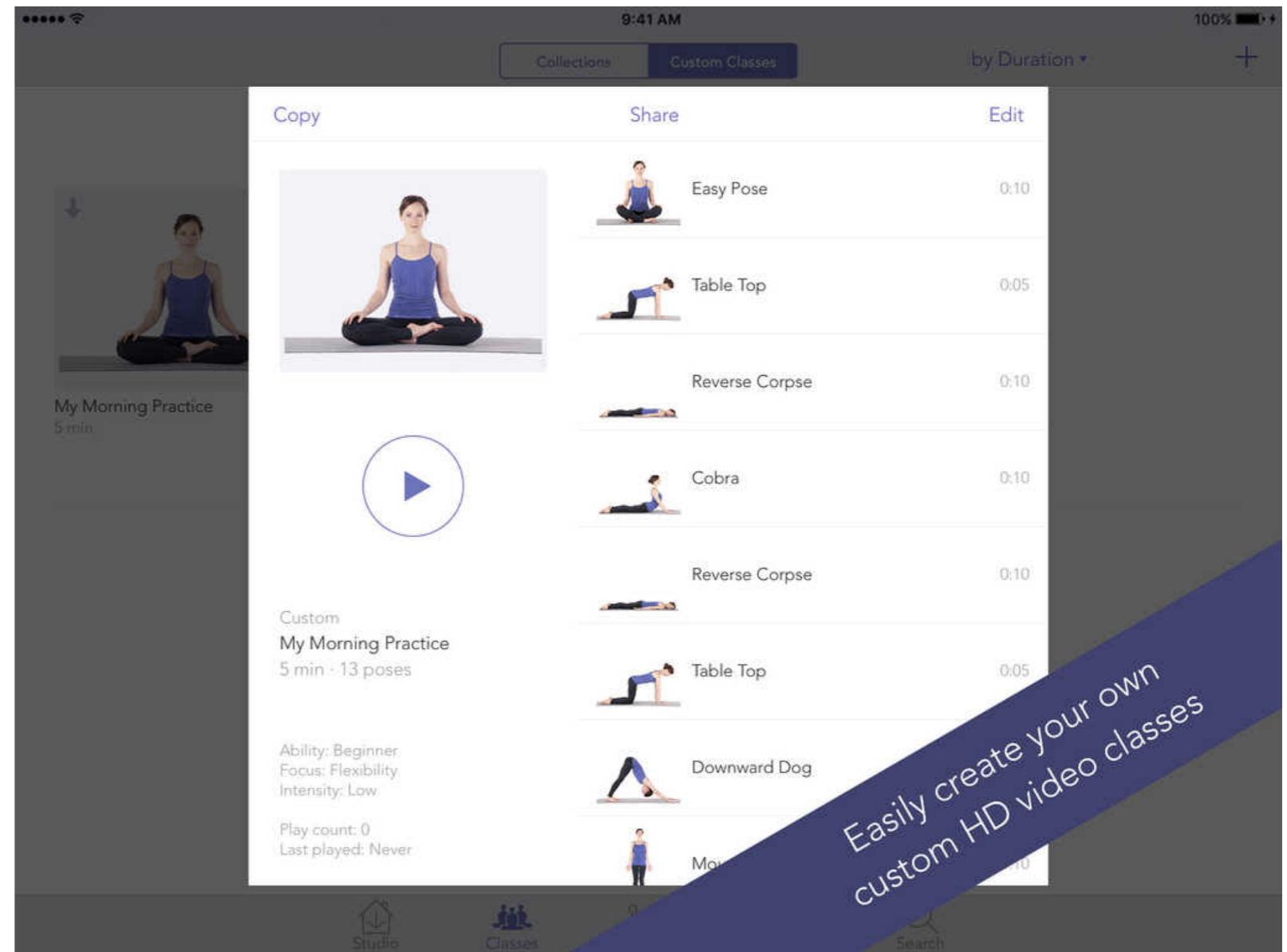
www.thepegeek.com/yogastudio



Yoga Studio



Yoga Studio



www.thepegeek.com/yogastudio



Supportive Websites?



Cosmic Kids Yoga



www.cosmickids.com



Cosmic Kids Yoga



www.cosmickids.com



Cosmic Kids Yoga



Norris the Baby Seahorse at home!

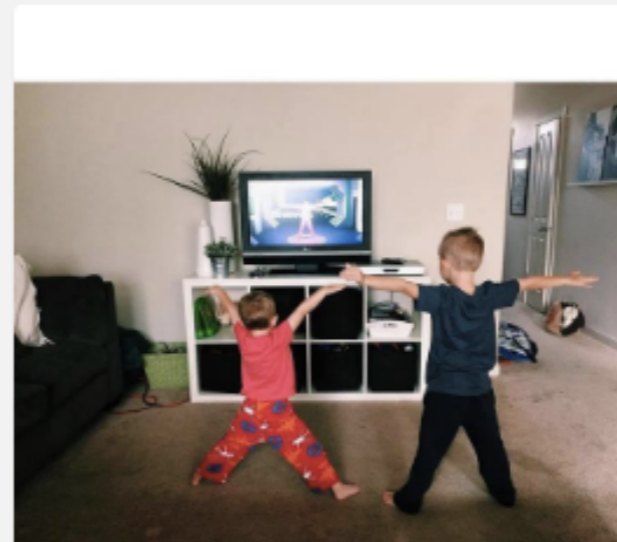
11,613

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Facebook.

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Yoga before bed!



Star Wars yoga at home school!



Strong trees!



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Thanks everyone!

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www.cosmickids.com



Fitness Blender

Workout time in minutes

Minimum

Maximum

Calorie burn

Minimum

Maximum

Difficulty

1 2 3 4 5

Body focus

Core Lower Body
 Total Body Upper Body

Training type

Balance / Agility Barre
 Cardiovascular HIIT
 Kettlebell Low Impact
 Pilates Plyometric
 Strength Training Toning
 Warm Up / Cool Down Yoga / Stretching / Flexibility

Equipment needed

Aerobics Step Barbell
 Bench Dumbbell
 Exercise Band Jump Rope
 Kettlebell Mat
 Medicine Ball No Equipment
 Physio-Ball Sandbag
 Slosh Tube Stationary Bike
 Yoga Block

www.fitnessblender.com



Fitness Blender

Full-Length Workout Videos

FIND WORKOUTS

Keyword(s)

enter search term(s)

Workout time in minutes

Minimum

0

Maximum

0

Calorie burn

Minimum

0

Maximum

0

Difficulty

1 2 3 4 5

Calorie burn: 50 to 120
Minutes: 10
Difficulty: 5
Focus: Core

10 Minutes Abs Workout -
Advanced Weighted Core
Workout



Ultimate HIIT Workout for
People Who Get Bored Easily -



Fat Burning Butt and Thigh
Workout - Strength Training
Sweatfest for People Who Get
Bored Easily



Brutal HIIT Workout Game: Fat
Burning Ladder, Pyramid and



15 Minute HIIT Workout - No
Equipment HIIT Cardio At Home



3 Day Flexibility Challenge - Day
3: Static Stretches for Flexibility

fitnessblender.com/videos/10-minutes-abs-workout-advanced-weighted-core-workout

www.fitnessblender.com



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Press play on movement

GoNoodle turns movement into a game and makes it easy to be active, the kid way—silly, energetic, playful, and fun. Just press play on hundreds of custom-created videos and get kids running, jumping, dancing, stretching, and practicing moments of mindfulness.



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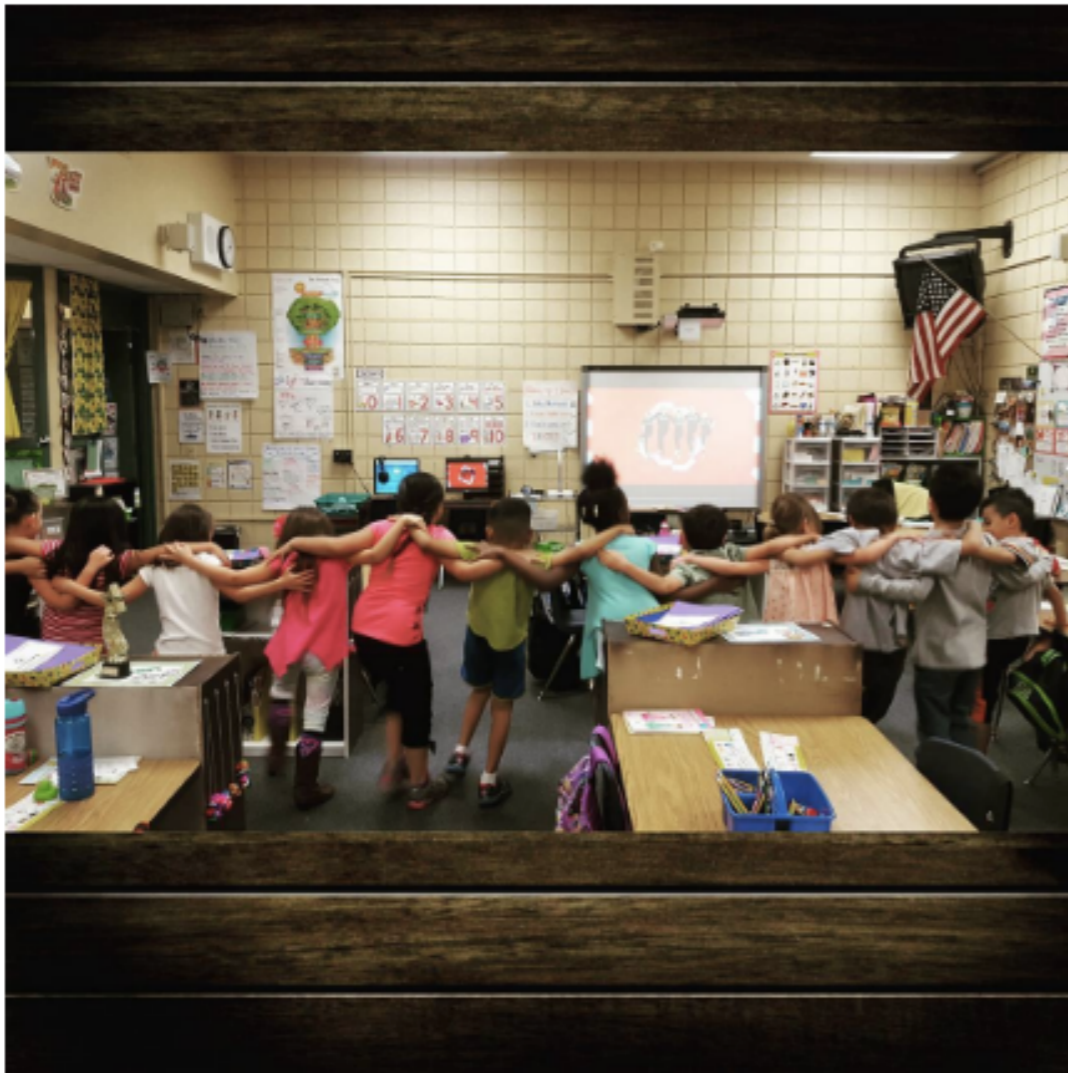


GoNoodle



practicalprimaryt... · 16w

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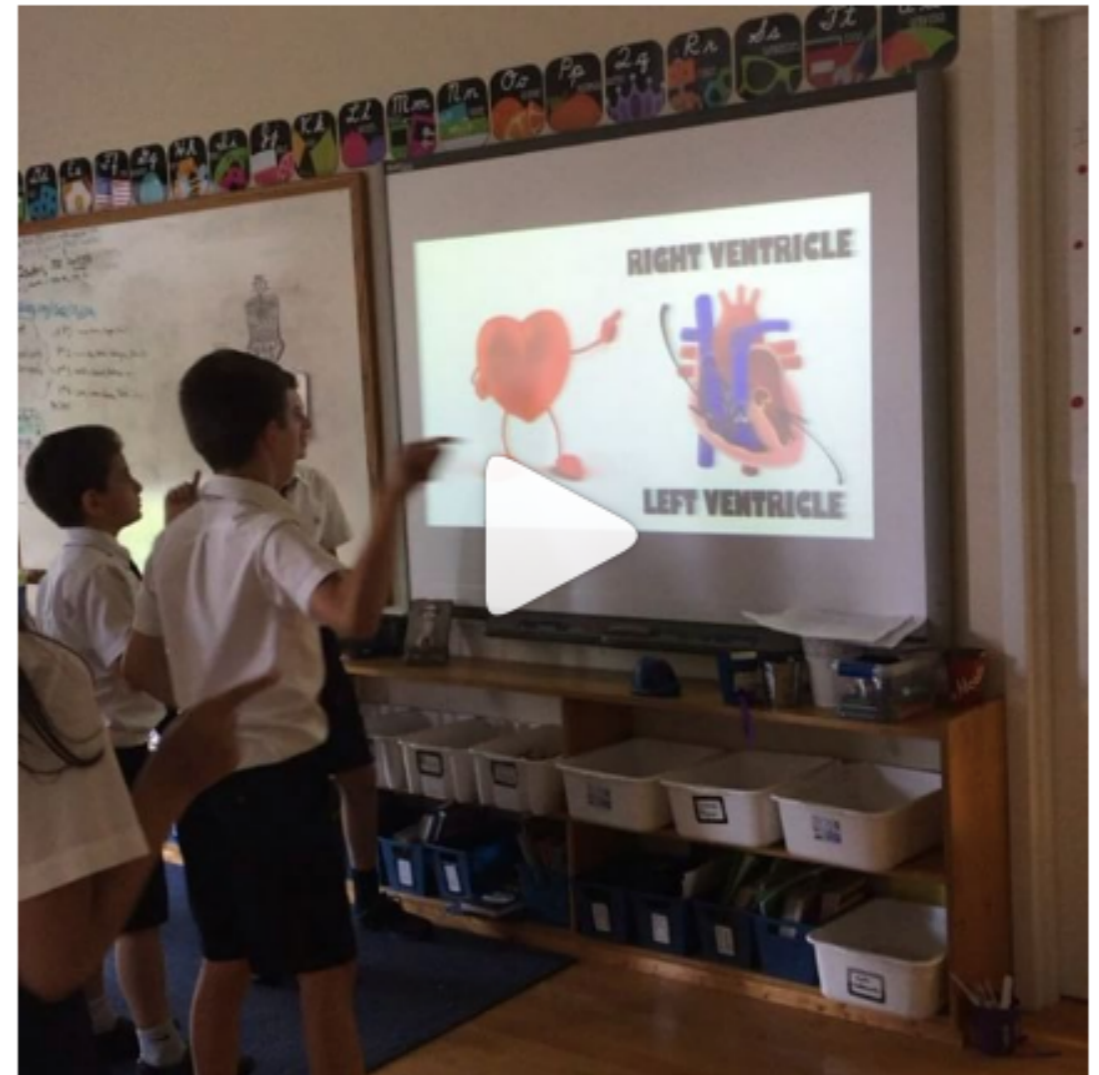


Love this!!! @gonoodle #bestestfriend #brainbreak #gonoodle
#iteachfirst #iteach1st #teachersfollowteachers
#teachersofinstagram



4clittleclass · 9w

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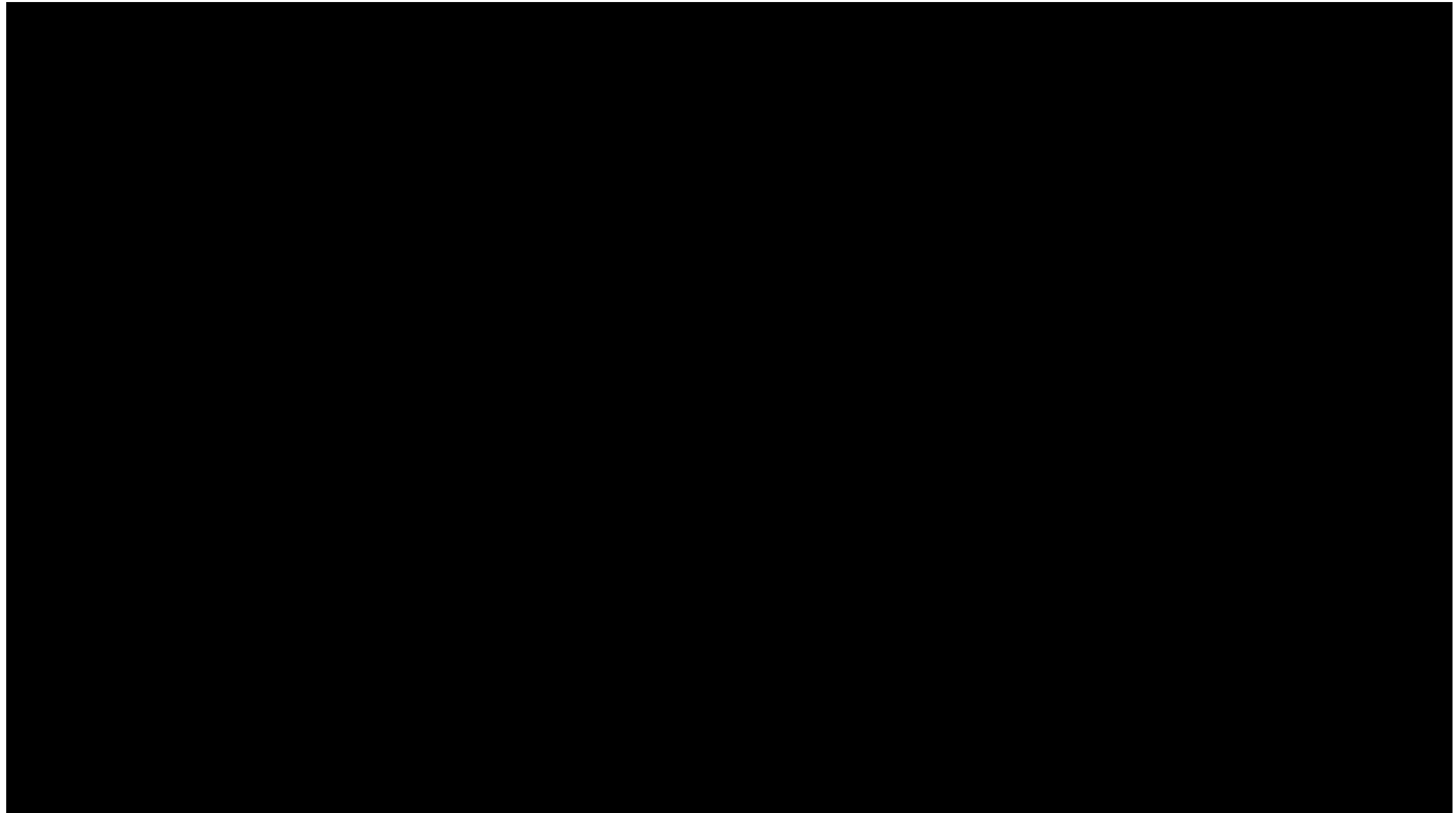


Ending the day with #Gonoodle #rotherglenoe

www.gonoodle.com



Musical Workouts



www.thepegeek.com/musicalworkouts



Time to Move Podcast



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Activities



Fitness Bingo

Fitness Bingo Fun



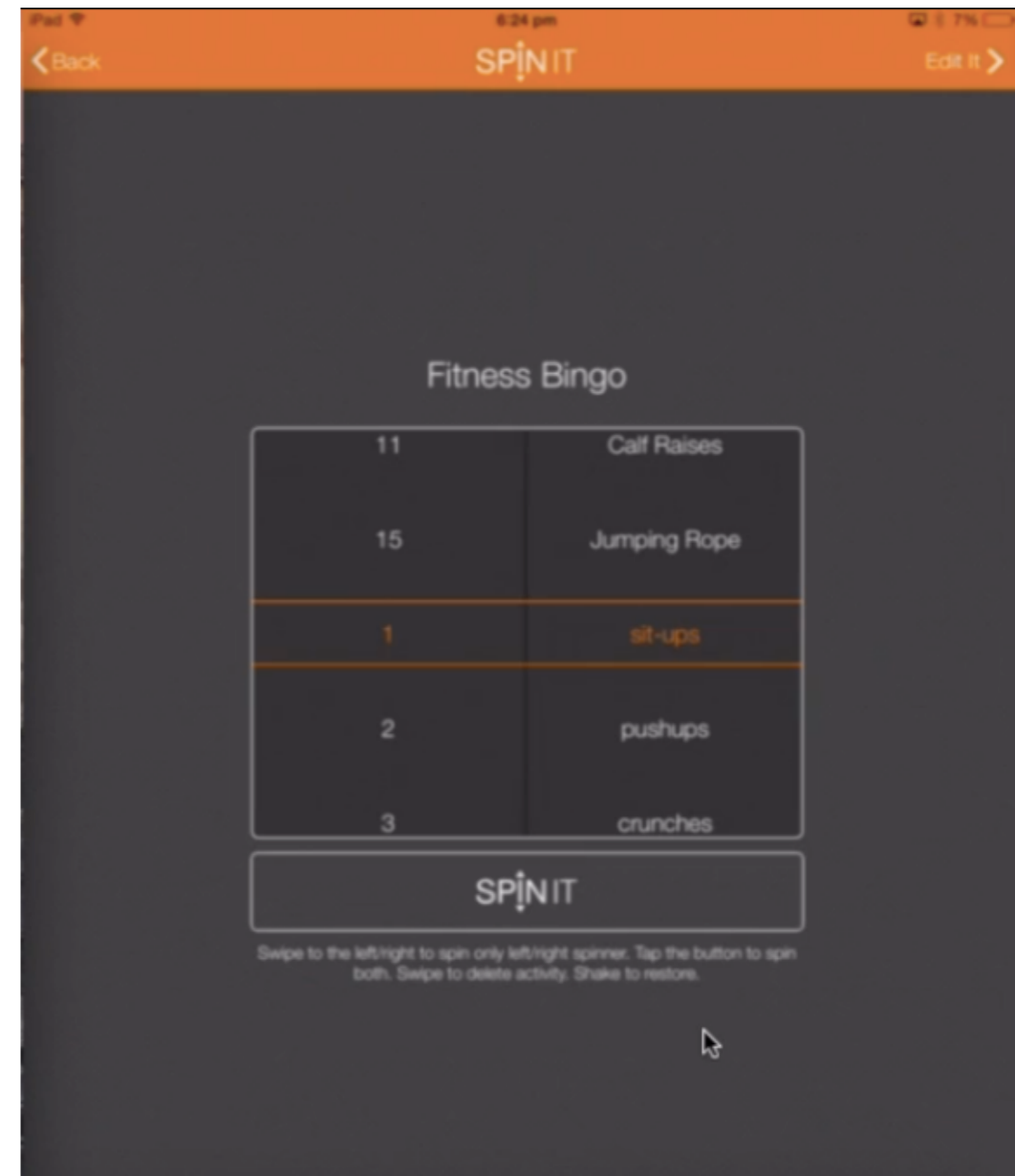
Step 1 - Bingo Baker

Fitness Bingo Fun

B	I	N	G	O
Run on Spot	Lunges	Jumping Rope	Scissor Kicks	Push Up & Rotation
Side Hops	Plank	V Sit	Tuck Jumps	Burpees
Ski Jumps	Tricep Dips	Free!	Push Ups	Reverse Plank
Supermans	Butt Kickers	Sit Ups	Mountain Climbers	Calf Raises
Jumping Jacks	Wall Sit	Single Leg Squats	Squats	Shadow Boxing

<https://bingobaker.com/play/521482>

Step 2 - Create a Spinner



www.thepegeek.com/apps/spin

Step 3 - Start Playing

Fitness Bingo Fun

B	I	N	G	O
Butt Kickers	Lunges	Calf Raises	Squats	Jumping Rope
Reverse Plank	Wall Sit	Tuck Jumps	Run on Spot	Plank
Push Ups	Shadow Boxing	Free!	V Sit	Supermans
Push Up & Rotation	Side Hops	Tricep Dips	Scissor Kicks	Burpees

www.thepegeek.com/apps/spin



QR Code Treasure Hunt

How to make a QR Code
Treasure Hunt



Step 1 - Class Tools

QR Treasure Hunt Generator!

Get students using their mobile devices to move and to learn - NO INTERNET CONNECTION NEEDED!



1. Submit!

Input a series of questions and answers.

No programming experience needed - just cut and paste from a word processor



2. Create!

Get a QR code for each question.

Automatically generated as text files, *no need for web access* to read!



3. Display!

Put the QR codes around your school.

Be creative - different sizes, different places



4. Begin!

Students find and answer the questions.

The team with the most correct answers in the time available wins

Get Started!

www.qrtools.net/QR

Step 2 - Print & Scatter Codes



Whatis: QR Challenge



Step 3 - Show Starting Code

QR Challenge: Whatis

QR Codes for Teachers: Use the 'instructions' code to start the lesson. Place the 'Quiz Questions' around the school.

Note: each of the QR codes is a text file. There is no need for the mobile devices to connect to the internet to decode them.

The correct answers for this quiz can be found [here](#).



www.qrtools.net/QR

Step 2 - Let the fun begin



www.qrtools.net/QR

What Next?



Certificate

2016

CERTIFICATE OF COMPLETION

Connected PE

THIS CERTIFICATE IS PRESENTED TO

FOR COMPLETION OF



JR
Jarrod Robinson



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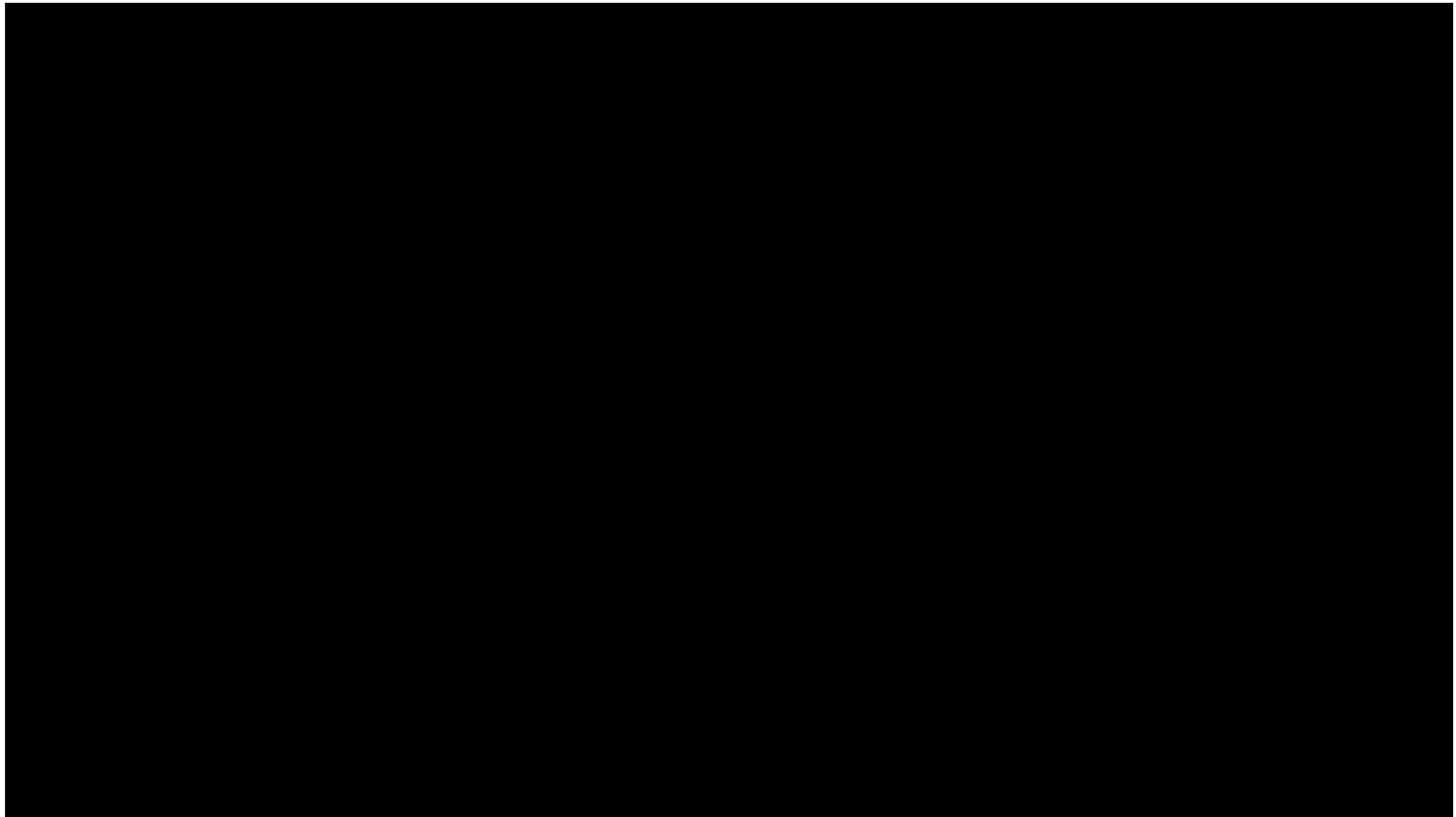
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Jamie Pay

Physical Education Teacher

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Thanks

