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Introduction

The year was 2003 and I had just finished my final year of schooling. As a graduation present, Mum took me to the local shopping mall where we set out to purchase a mobile phone. At the time, I wasn't very fazed at what I was about to receive and remember saying, "I will only use it to call you when I need it, the rest of the time I'll keep it switched off in my drawer". Mum, being none the wiser, thought it was a good plan and before long we were returning home. Up to this point in my life, my digital time had been spent with fixed devices, either desktop computers or games consoles, and as such a mobile world had never really crossed my mind.

A couple of months later, while packing my things for University, I remember carefully instructing my brother, who was carrying my desktop monitor, to place it gently in the car. This level of care continued with all the other components; however, when I got to my mobile phone it was packed with not a moment's extra thought. Looking back now, it's hard to imagine that what was once 'just a phone' is now much more powerful than the desktop I was carefully squeezing into the car.

As the years progressed, a few things began to change. I was still spending the majority of my time using a desktop computer; however, each and every year this time was being lost to a more portable solution. Time soon came around and I replaced my phone for a more powerful model, which came equipped with storage for MP3s. This simple addition catapulted my phone from being more than just a device for calling mum to a device that could be used to play my music. At this point, it was clear that a new era in personal entertainment was on the horizon, as more and more devices flooded the markets.

Before long, we had devices with cameras, radio, email and eventually the Internet. Mobile internet at the time was cumbersome and lacked the full experience we enjoy today; however, it paved a pretty important switch in the world's perception of what exactly a mobile phone of the future would be capable of. This ideology continued until a revolutionary device, released in 2007, turned the whole notion of mobile devices on its head.

After recently being crowned the 2010 word of the year by the American Dialect Society, "Apps" have reached an unprecedented level with well over 600,000 currently available on the app store. The tremendous possibility that they bring to the classroom cannot be overstated, with PE teachers from all over the world investing in and trialling their uses within the classroom.

In recent months, the level of take-up and interest has reached new heights with an over 3000% increase in the number of Google searches related to mobile applications in PE. This search echoes the desire for new users to identify a series of apps that could be considered the PE Apps starter package.

Active Gaming Apps

[Arookoo: Walk & Game](#)

Arookoo is a one-of-a-kind iPhone App & Website that turns walking into a game by sending you on fun challenges that motivate you to move around your city. Arookoo rewards you for increasing the amount of steps you walk each day by completing a wide variety of fun activities. In a Physical Education classroom, users can discuss how tools and initiatives such as these help promote physical activity opportunities.

<http://www.thepegeek.com/arookoo>

[Zombies, Run](#)

Every now and then, an app comes along that totally breaks new ground. Introducing Zombies, Run, an awesome running adventure that takes place in a zombie-infested world. How does it work? Users simply place their headphones in and commence running. The app will take you on a wild ride as “Runner 5”, who seeks to help build the “Abel Township”. The app uses internal GPS to simulate zombies chasing you at different moments throughout the mission. As you speed up, you escape them, slow down and you’re gone. Ultimately, what we have is a new-age twist on interval training with a really exciting story-telling component added in.

[Bit Breaker](#)

In Bit Breaker, your physical movements are translated into movements of the on-screen paddle. Simply place down your device, take a few steps back and play the game with your body in this arcade-inspired brick breaker. Step left or right to steer the paddle and jump for a power shot!

[Recurse](#)

A truly exceptional augmented reality game. Place your iPad on a stable location and point the front facing camera towards you. Your goal is simple. Move as much as you can inside of the green areas while avoiding the red areas. Heaps of fun in larger groups and especially great for junior students learning simple body manipulation skills.

[Feugos River Adventure](#)

A really fun, active gaming iPad app that uses your physical movements to control the character in the game. The objective is to move and collect coins as you make your way down the river. The upside here is the intense, rapid left-right movement that is required to make your journey successful. Connect your iPad to an external projector to take the game to a new level. A great little addition to the theoretical classroom to get students moving.

[Fit Freeway & Virtual Active](#)

These cool games use head tracking software and the device’s front facing camera to control the action on your screen. Used in conjunction with an exercise bike/elliptical/treadmill, the basic premise is that the faster you move, the greater movements of your machine which the app tracks and therefore the faster you move the action in the game. Heaps of fun. Stop moving and your in-game activity also stops.

Anatomy Apps

[Superbodies HD](#)

Peel away the human skin to reveal exactly what takes place at a physiological level amongst elite athletes. The app is available for either iPhone, iPod or iPad and starts off with the users selecting a focus sport. The app then launches an introductory video narrated by Dr Greg Wells, before it takes the user inside the body. From this point on, the app really excels as you navigate through the blood stream via a simple, yet exciting navigation system. As you approach points of interest related to the focus sport, the app switches to a video explanation or tidbit of information. The net result of this app is a totally immersive experience for students and teachers, which dramatically enhances the learning of human bodies in movement.

[Pocket Heart 2](#)

A brilliant way to learn and review the function and structure of the heart in 3D. Students can explore the case studies in full detail or complete a 'locate pin quiz' to test their knowledge. Connect your device to a screen and share with your entire student group.

[iMuscle](#)

Incredible application that allows you to explore the muscles of the human body in isolation. Zoom in close to find out the anatomical name, appropriate stretches and training. Recently used this on the iPad while connected to an interactive whiteboard to explore stretches for specific muscle groups.

[Living Lung](#)

A superb app that helps teachers showcase the internal workings of the human lungs. Users can modify the breaths per minute to see how this varies the lung volume. Use it with students learning anatomy, or during practical activities to help students visualize the acute responses they are experiencing.

[Whack a Bone](#)

The gamification of learning continues to excite me and this app is no exception. "The game is designed to draw beginners into the curious and fascinating world of anatomy, guiding them toward a commanding recall of the major bones of the human body".

[Powers of Minus 10](#)

In this version of POMT, zoom into human bones, see how broken bones heal, and investigate some of the cool and weird cells found in the middle of our most sturdy organs. Another useful tool for exploring a wide variety of theoretical concepts in the PE or Health classrooms.

[Virtual Heart](#)

This FREE iPad allows users to see inside of a model heart as they change the Heart Rate from resting right through to max. It then allows users to label key components or explore elements such as blood flow, right through to valves/electrical impulses. Will be using this in class to help visualize the concepts of acute responses to exercise. For example, have students complete a step test and determine their HR, then use the app to show them what their heart actually looks like at that exercise load.

Assessment Apps

[eClicker Host](#)

This nifty little application allows teachers to set up and administer a multiple-choice quiz directly from the mobile device. The app also produces a direct URL that students enter in their internet browser to complete the test. As students complete the questions, the app produces an excellent breakdown analysis of results, which they can use to frame further teaching and discussion.

[Easy Assessment](#)

This wildly popular app has been completely redesigned based on your feedback. With over 20,000 downloads in the last 6 months, it sure has become a great way to capture and assess physical skills within PE. Users can now set up and import class lists and rubrics for enhanced data entry. For those of you who already have the original version of the app, you can update for free on your device by visiting the app store.

[Easy Portfolio](#)

The app designed for PE teachers to effectively capture skill development and sports skill portfolios in a flash. Simply set up portfolios for your students and, throughout the semester, capture them in action in a variety of ways. You can then share portfolios to Dropbox via Email or showcase them from within the app. A perfect tool for assessment and discussion prompts within parent-teacher interviews.

Video Analysis Apps

[Coach's Eye](#)

Just when I thought Video Analysis on iOS devices couldn't get any better, it does with this nifty little app, making analysis a breeze. After seeing a demo on YouTube a few weeks ago, I was super excited for its release. Simply point to record your desired sports action or choose existing video footage. You are then able to review the video frame by frame, draw and highlight points of interest and, best yet, you can record a narration over the top of the video further emphasizing points of interest. The other exciting feature is an automatic system that shows you which videos have been reviewed and which are still waiting. Perfect for teachers and assessment.

[Sportalyzer](#)

A video analysis app with an original twist. Record your footage and you can begin to produce phases according to the various movement phases of the performance (see right). The phases can then be all analyzed with drawing tools and text editors to produce a final PDF report that can then be shared with the student or used for assessment. Teachers and students can easily use the tool to produce posters highlighting perfect skill execution.

Another highlight is the ability to edit recorded footage to the most appropriate moment and to capture footage at an adjustable frame rate. Well worth the download.

[Video Tagger](#)

Video Tagger is a unique and powerful video analysis and assessment tool that makes it possible to capture and tag sports performance. Start recording and tap the customizable buttons to tag performance as it happens. The app will record a few seconds either side of the tap. Continue this for the duration of the performance and, when finished, two video montages will be compiled with the highlights you identified.

[FrAppTapp](#)

A similar app to Video Tagger; however, with the focus being on recorded footage as opposed to live footage. The app enables you to tag elements of interest and jump to them for review. The tagged elements can then be saved to the photo library.

[Touch Stat Highlight](#)

This exceptional app enables you to produce a highlight video with only the footage you desire. Simply start recording and point the app towards your action. When you see something exciting during game play, simply tap anywhere on the screen to record the footage a couple of seconds either side of your tap. Continue this process as you desire and when you stop the recording the highlight reel will seamlessly fuse together.

[Cricket Coach](#)

Don't let the name fool you. This app is a full-scale video analysis tool that allows for dual screen analysis. Although the inbuilt library includes videos of various cricket shots, users are able to record and use their own videos. This ultimately means that you can film and analyze your recordings from any sport you desire. In recent weeks, we have been using this amazing app to analyze student performance in a variety of athletic field events with a high level of success.

[Coach My Video – Private Edition](#)

The paid version of the [popular](#) free video analysis app “[CoachMyVideo](#)”. New features included in the paid version are the ability to analyze video directly from online streaming sources, such as YouTube. This is a super powerful addition inside of any video analysis app, especially when you utilize the app’s side-by-side comparison feature on the iPad.

[Tennis Australia Technique & Hockey Australia](#)

Both of these targeted video analysis apps are built on the framework technology behind the successful Coach Series of apps by [Zappasoft](#). These apps allow for swift side-by-side video analysis with an included set of reference videos and content so that you and your students can easily compare and learn. Well worth checking out.

[Kinesio Capture](#)

A high-end video analysis package that enables users to conduct incredible motion analysis on performance. Users can complete side-by-side analysis, annotations, frame by frame and video layering. Use the apple camera adapter to import pictures taken with a digital camera directly to the app.

[Dartfish Express](#)

Dartfish have been involved in Video Analysis for years, making this entry to the mobile market somewhat expected. The app combines some of the popular features present on other mobile analysis platforms. Where the app really shines is its integration with their own video hosting website [Dartfish.tv](#).

[BaM Video Delay](#)

The most exceptional video feedback app I have seen on an iOS device. With this app, you can simultaneously record and display delayed video. This means that a PE teacher can have the app pointed towards any sort of discrete skill and, after the skill has been completed, the performer has adequate time to return to the screen to see their skill in action. Where this app takes it to the next level is its ability to allow a grid of 4 different video delay timers effectively creating 4 opportunities to view your performance (see the picture below). The user can then specify a different delay time for each grid and dynamically alter the delay by swiping up or down with their finger on the grid. This app is a must-have for PE teachers and sports coaches who are keen to take performance analysis to the next level. Use it in gymnastics, dance, track and field or during skill development. The possibilities are endless.

Photo Apps

[Burst Mode](#)

Burst mode is an excellent app that allows you to capture the perfect image in a fast moving activity. Simply set the amount of frames to be captured and the timing of these frames and hit the record button to capture a burst of pictures. The user can then go through the frames one by one to review the execution of a specific skill or movement pattern. Great for coaches or students interested in improving their performance.

[Fast Camera](#)

Capture up to 800 pictures a minute with this app, making it perfect for highlighting or emphasizing points of interest during skill development. Never miss that perfect image again.

[ActionShot](#)

ActionShot lets you shoot sequential movement images in a snap. Simply point the camera in the direction of your intended target; the app will take a series of photos of the movement in action. You need to ensure that you hold the phone still and don't follow the movement of the player. The finished results are spectacular. Try it in athletic field events such as triple jump to produce an amazing sequential action shot highlighting the key points.

[SmartMotion](#)

A superb free app offering intuitive frame-by-frame playback. Slide your finger on the screen to control the action and pinpoint the exact moment you're after. A great tool for developing skills and performance review.

Video Apps

[oSee Lite & oSee Pro HD](#)

A video delay app with the ability to set a delay time of up to 4 minutes. This will provide plenty of time for review and subsequent analysis of physical skills. The Pro version of the app brings a new, yet widely requested feature to delay apps, allowing users to save the delayed video to the camera roll.

[SloPro](#)

The easiest way to produce beautiful slow-motion videos. A great way to explore movement and sports action in any context. Choose from a number of playback speeds, ranging from 60 frames per second to a whopping 1000 fps. A must-have.

[Collabracam](#)

This is an absolute incredible app perfect for any class, including PE. Collabracam allows you to link up to four iPhone, iPod or iPad cameras streaming to a fifth device in real time over the local WiFi. The fifth device is considered the director and has the capacity to switch between all video feeds and record the footage coming from each. Imagine a group of students in a PE class filming a match from different angles, with a director switching between the feeds to record an amazing professional quality video.

[Instant Replay Camera](#)

Finally, the app I have been waiting for has arrived. An app that allows for simultaneous recording and playback. Simply set the desired “delay” and start recording. The app will record video without audio, then commence playback after the delay period has expired. The app will continue to record as it plays back the footage. This provides teachers with the capacity to set up an iPhone/iPod on a fixed position with a 10-second (or greater) delay allowing for plenty of time for students to return to the device after performance to review. Simple to use and free. A must-have.

[Instant Replay 5 Seconds Back](#)

A simple app that does one thing. Records using the video camera for a designated period (5 seconds – 5 minutes), followed by immediate playback. This automated process means that students can easily film a peer’s technique and quickly review, speeding up the time it would take to initiate playback. Simple, yet highly effective.

[Video Pix](#)

This great app allows you to capture frame by frame images of sports activities and then play them back in either slow or faster than normal speeds. A perfect addition to any skill development activities or video analysis/instant feedback task.

[Video in Video](#)

A first app of its kind in the app store allowing the user to produce a picture-in-picture effect in a matter of minutes. In a PE classroom, this could be used to do a comparative analysis between pre- and post-lesson skill development.

[Vyclone](#)

This nifty little app allows you and your friends to film the same event from multiple angles. Simply log in to the application and start recording; the app will determine your location and others within your proximity and seamlessly piece together a video including all of the various angles. In a PE classroom, students could use this to film high-quality sports footage within a [SEPEP](#) film crew role.

Training Apps

[iYoga](#)

A superb Yoga app brought to you by the developers who created [iMuscle](#). The app was produced using motion capture technology to bring the most accurate and natural movement possible. Where the app really outshines its competition is with the female model who allows you to see muscles in action as each pose is demonstrated. The app also features a distinctive viewing option which highlights muscles relevant to each pose as they contract and expand. The app comes loaded with over 80 beginner poses, with options to extend the resource with in app purchases to over 200.

Use the program feature with your students and have them design and participate within a beginner Yoga Program. The app will seamlessly take them through the entire process with timings, voice narration and better pose animations than a real person could ever provide. Check out the video of the app in action below.

[Isometrics](#)

A simple app useful for teaching students about the different types of muscle contractions. The app contains exercises that can be performed in static classroom environments free of any required equipment. As the name suggests, all of the exercises use isometric contractions, which are those that occur when a force is developed, but the muscle length doesn't change.

[Workout Trainer](#)

An awesome app that puts a personal trainer in your pocket. Contains thousands of individualized training programs based on your level. Pair it with an [Apple TV](#) unit (see picture to left) to share the trainer with your entire class.

[Headspace](#)

An app that has been getting a heap of use within my personal life. An exceptional mediation app, that takes you through a daily 10-minute routine. The best part about this app is the fact that it actually takes the time to teach the user how to meditate in a very open and friendly manner.

In the PE classroom, this app finds its place within sports psychology units or as a means of finishing off practical sessions and reducing over aroused students to a more calmer and focused state before their next class. Something their next teacher will thank you for.

[10 K Runner](#)

Although not a new app, it is something I am using at present to move from a comfortable 5km run to 10km in preparation for the "Run With The Kids" charity run in April this year. The app guides users through an interval training program of increased duration, resulting in an eventual solid 10km run. The app could be used to look at training principles or concepts such as progressive overload and diminishing returns.

[runWithME](#)

A superb running app that enables users to train with or race against others who use the app. Simply start a run, invite a friend and wait for the run to start. You will then receive audio cues at nominated times telling you who is in the lead and how far ahead they are. What a fantastic way to promote activity with people on the other side of the world. Check out the demo video of the app in action [here](#).

[Rip Deck](#)

An interesting exercise app that uses a deck of playing cards to generate workouts. It has the capacity to track your training history, providing an opportunity to learn about the development of training programs/training principles.

[Nexercise](#)

This rewards-based app allows users to earn points for the exercise they complete. Users can earn badges, take up exercise challenges all within a social networking style environment. The device tracks users' activity using both the accelerometer and GPS, ensuring that points actually need to be earned. A useful tool to look at motivational strategies and objective methods of measuring physical activity.

[Fleetly Fitness](#)

Another social fitness app that allows you to log your workouts, connect with friends and join challenges. I really like how the app provides you with an overall fitness rating as a simple number based on your workouts.

[FitDeck](#)

A collection of high-quality task cards for all sorts of fitness activities. Have students work their way through random activities, following the clear instructions. They can choose to complete a beginner, intermediate or advanced workout which is shown on the top right of each card. Simple and highly effective, with over 250,000 users, this is a must-have. Also comes in a [Junior version](#).

[Nike Boom](#)

This app lets you use your own music to help guide your workouts. Within it, you can set your workout time, rest time and number of sets. Another one of the cool features is the ability to have the app post to Facebook. Once this is done, anyone who 'likes' or comments on the posts during the exercise period sends an audible encouragement known as a 'boom' to those completing the workout. Great app to co-ordinate circuit training or warm-ups.

[MyFitnessPal](#)

Although this app is essentially a calorie counting tool, it does provide opportunities to teach theoretical concepts on healthy foods and exercise. The app allows for the simple tracking of all food and drinks over the course of the day; exercise can then be added to the mix to help balance consumption. I plan to use this app with my senior physical education students as a diary for them to track the food groups they consume in the lead up to competition. It will also provide us with opportunities to discuss exercise metabolism and other physiological concepts.

[TrainingLoad](#)

Another incredible app by [Dr Grant Abt](#), the guy behind [TimeMotion](#) and [PLATO Sport](#). This app allows users to easily calculate a training session's overall intensity or load. It does this by allowing the user to enter their resting heart rate, average heart rate during the session along with the session duration and RPE (rate of perceived exertion). The app will be extremely useful in senior Physical Education classes when students are developing and completing their own training programs. Will allow my students to see how

modifying duration and other variables affects overload and tapering of a program.

[GymPact](#)

GymPact is a groovy app that allows users to make a pledge about how often they want to exercise and the penalty they are prepared to pay if they fail to meet their goal. The user then “checks in” to the gym on arrival and the app goes to work, tracking the user’s location to ensure they stay at the gym. If the user meets their goals for the week, they can earn cash rewards; otherwise, if they don’t meet their goals, their credit card is debited based on the pledge they made at the beginning.

[Pace Wheel](#)

A useful app for athletic coaches that allows users to determine appropriate training loads. Users start by scrolling the app to their finish time for one of the following distances between 800m to a Marathon. The user is then provided with approximate training targets for building aerobic base, developing lactate tolerance and increasing V02 max. Even though these figures are just a guide, they can lead to discussion in senior classes about important physiological concepts and how they link with training.

[Hundred Pushups](#)

The first in a series of apps designed to improve your core strength. Simply complete the initial test pushup maximum test and the application designs an appropriate training program to guide you to the ultimate goal of 100 pushups. Use this app within a classroom environment.

[GymGoal ABC](#)

Gym goal is an exercise database that seeks to allow you to keep track of all of your workouts. It also includes step-by-step how-to animations on over 250 exercises. This application is the perfect tool in a classroom to teach students about exercise concepts such as progressive overload and specificity.

[Breathing Zone](#)

This groovy, well styled app is perfect for guiding the users through deep breathing exercises that promote relaxation. In a PE or sports science class, this app can be used to teach theoretical components such as mental rehearsal, imagery or other sports psych theory.

[Faster](#)

A really solid iPhone app that allows users to set a target pace for activities such as jogging, walking or running. The app then uses your music to inform you if you are keeping pace with your set target by altering the pitch of the current song. Running too slow? Well, the app will slow your music down to give you a nice audible cue to speed up. Brilliant.

Resource Apps

[Eureka Sports Science App](#)

A simply superb publication that will be used for my own professional development in the areas of sports science. I also plan to use the bevy of interactive content with my senior Physical Education students in 2013. Did I mention this superb iPad app is FREE?

[Fit Deck Basketball](#)

A super collection of challenge-based Basketball Skill cards. Students can sort through the cards, which outline the skill and the target to complete various levels of difficulty. A great way to move students towards a more student-centered, self-paced environment within practical activities.

[TGfU Games for Elementary](#)

This handy little app created is a great resource for PE teachers looking to employ the TGfU model within their teaching. Featuring the instructions for over 200+ games designed to facilitate understanding within the TGfU categories. With more and more teachers moving away from the traditional model of PE instruction, this app becomes a great tool for facilitating change.

[Group Games](#)

GroupGames was designed for teachers in the outdoors who require quick and minimal equipment activities that help with team building, ice breaking and problem solving. Featuring over 50 games, users can also submit and request games to feature inside of the app.

[Basketball PE & Soccer PE](#)

Each app features over 100 games and activities to help students learn concepts, skills and strategies within respective sports.

[PE Games](#)

The premier app for PE teachers, allowing you to sort through and discover minor games for use in your practical sessions. You can even add your own games and game categories to build an enormous mobile library.

[Sports Rules](#)

An app for PE teachers who desire quick reference of rules in over 17 popular sports. More sports will be added, making this a one-stop shop for busy teachers. Give it to your students and have them quickly review rules before giving them the umpiring role.

[Knots Guide](#)

A simple app containing reference of over 92 knots. Especially great for outdoor ed teachers.

[WADA](#)

Great app made by the World Anti Doping Association which lists the many prohibited substances and methods. Perfect reference guide for teaching the rationale behind anti-doping codes.

[PE Activities](#)

A superb mobile resource for PE teachers, featuring heaps of games and activities for teachers. You can easily plan your lessons, save your favourite games and add further games to build an enormous resource. Another stellar app by [@mjhamada](#) and her [Apps For Academics](#) series.

[ClassBreak](#)

A super useful app that will become a key tool in teachers' classrooms all over the world. Exceptionally well produced with an intuitive interface, this app contains hundreds of games and activities for the classroom. You will find everything from PE activities, Brain Gym, Brain Teasers, Jokes and much more to keep your students active and engaged. With more and more evidence pointing towards the power of [Brain Breaks](#), this app has a sure-fire place in my arsenal.

[Tag Games](#)

Featuring the instructions and playing guides to over 100 tag games. The app is broken into 4 distinct categories, ranging from no equipment to 3 required items. Another exceptional feature is the ability to shake for random games and the incorporation of a stop watch inside the app. Check out the video of the app below.

Fitness Testing Apps

[Beep Fitness Test](#)

A sleek and simple Beep Test app that is by far the best looking Beep test app on the App Store. What separates this app from its competitors is its number of test variations, which include the ability to choose from the beep test (UK, Canadian or Australian timings), Birtwell 40m, PACER 15m and 20m, or YOYO endurance and intermittent level 1 and 2 tests. Simply connect it to a set of external speakers and you can easily conduct the test with your students.

[Cooper Test HD](#)

A great app that enables the user to complete the class 12-Minute Run fitness test by simply placing the device in their pocket and running. There is also the Multi User mode. In this mode, you can test up to 5 athletes simultaneously. Each time the athlete completes a lap of the track, you press the runner's name to accumulate distances. The app then uses the average speed of the runner to calculate predicted distance, while updating accurately when they cross the lap. The HD version enables the simultaneous tracking of up to 20 runners.

[Step Test](#)

Designed with PE teachers in mind, the Step Test app quickly and easily facilitates the Queen's College Step Test. The app guides the user through the test using the internal metronome to keep users in a "up-up-down-down" cadence. At the completion of the 3 minutes, the user measures their Heart Rate for 15 seconds, with this data then being used to determine their cardiovascular fitness and predicted V02max. See the video demo [here](#).

[Beep Test Trainer](#)

A great app that allows users to facilitate the classic beep test with ease. You can also use the app to facilitate training by starting or looping the test at a certain stage. I recently used this app to introduce my junior students to the beep test while participating in a "Team Beep Test" warm-up where students work in groups of 4 or 5 to get as high as they can by sharing the running load.

[Body Age](#)

This simple app guides users through a series of fitness tests covering all key fitness components with the idea of eventually providing you with an overall body age. A great way to explore or introduce senior students to the concepts of fitness testing, protocols, chronic adaptations and fitness components. I really recommend checking out the rest of Simon Taylor's other apps perfect for the PE teacher [here](#).

[12-Minute Run](#)

Application designed to facilitate Cooper's 12-minute run fitness test. Uses the internal GPS to measure recorded distance covered in 12 minutes. This distance is then used with your gender and age to determine your aerobic fitness level and predicted V02max.

Coaching Apps

[Video Coach](#)

Another highly useful video analysis tool for coaches and PE teachers on the go. Use the built-in pen and drawing tools to emphasize aspects of a given performance during review and send them via email or save to the camera roll. One of the coolest features is the ability to send a video directly to another iOS device via WiFi.

[Great Football Coach](#)

Ignited Software have been working hard to bring out a number of brilliant iPad apps for sports coaches. This third app of its kind brings team management and statistical recording to the iPad in a big way.

Key features of the app include:

- Team set-up and pre-plan interchanges
- Player statistics and player game time monitoring
- Review and report match statistics and player performance

A superb app for the soccer/football coach, looking to take team and player management to the next level.

Check out the others in the series: [AFL Coach/Netball Coach](#).

[CoachBuddy](#) – An incredible app that allows for statistical recording of sports performance during soccer matches. It allows you to get information on your distance travelled, number of passes, direction of passes, scattermaps, etc. Great tool for senior PE data analysis sessions.

[CoachNote](#)

CoachNote is an exceptional app that allows users to record set plays and game strategies for a variety of team sports. The coach simply drags the icons onto the screen to represent the players and can then record the movement of the players and the ball as they narrate. This app fits perfectly into any Games Sense or TGFU class, where students are responsible for developing deeper understanding of the why behind the sports they play.

[Great Coach AFL](#)

If you're an Australian Rules coach, you absolutely must get this app for your iPad. Not only can you set up your teams, but you can gather statistics to strengthen your coaching. Full match reports can be emailed as soon as the game is completed. A wonderfully useful app.

[Great Coach Netball](#)

A superb app by the makers of Great Coach AFL. This makes it possible to quickly and easily manage a netball team. Give your team the winning edge with better planning and team performance. Great Coach Netball packs together team management, statistics and reporting tools into one application for junior through to senior teams.

[Run-Lap-Tap](#)

Designed for PE teachers and coaches, this iPad app enables the tracking of up to 12 runners' times and other vital statistics. Start by entering in the lap length and the number of laps your runners are to complete. Users can then choose to start all runners off at once or nominated and use a "start delay" value for handicapped races/training. As the runners complete a lap, simply tap their name to update the lap splits, speed, pace and much more for that runner. At the completion of the race, you can email the results or archive them inside the app for review.

[G.A.P.S. Sports Coaching](#)

A collection of over 1,750 high-quality coaching resources for a variety of sports. Use it to cut down on planning and preparation. Give the app to students and have them run a peer teach or coaching session.

GPS Tracking Apps

[Endomondo Sports Tracker](#)

An incredible app that allows you to record activity via the iPhone's GPS. The best part about it is the fact that any activity you do becomes social, allowing your movement to be followed live via the Endomondo website. This gives students the option to send through messages of encouragement or discuss physiological responses to exercise. A great, free alternative to Runkeeper Elite subscription.

[Runtastic Altimeter](#)

A brilliant altimeter that enables you to check accurate altitude information without an internet connection. Use it during hikes or outdoor activities to facilitate discussion on altitude and its effects on exercise performance. Compare and contrast the altitude during a trip to sea level and a snow field. Other features include GPS co-ordinates, weather and sunrise/sunset information. A great app.

[Runkeeper](#)

This is one of my all time favourite applications. Simply go for a run/walk/ride/jog/ski while running the program and your activity will be recorded. As most modern phones include GPS, Runkeeper will present you with a plethora of statistics from the activity, including total distance, speed, elevation and even a Google map tracking your activity in real time. It also combines powerful voice-overs to provide you with current real time feedback on your activity. Use the Runkeeper app during the Cooper 12-minute run fitness test, to share distance, speed and intensity and allow for discussion of the interplay of energy systems during exercise.

[Geocaching](#)

Geocaching, which is actually pronounced geo-caching, is a worldwide game of hiding and seeking treasure. A geocacher can place a geocache anywhere in the world, pinpoint its location using GPS technology and then share the geocache's existence and location online. Anyone with a GPS device can then try to locate the geocache. Using either an iPhone or an Android phone, you can search for and participate in the global treasure hunt. Geocaching will have you running around and exercising without realising it. There are currently over 1.1 million active caches in existence across 100 countries. Have your students race to find a series of geocaches around your town that require them to work as a team to solve puzzles in order to receive the next geocache co-ordinate.

[Kinetic GPS](#)

This app is the Swiss army knife of GPS tracking, with the capacity to be customised to however the user desires. Use it during the 12-minute run or team sports to capture the average speed and distance travelled. Use this information to inform training and discuss theoretical concepts.

Measurement Apps

[AFit](#)

This great little free iPad app allows students to track and record their physical activity and nutrition via an engaging interface. It provides many opportunities to discuss hydration, physical activity guidelines and many other health related areas.

[Stress Check](#)

Another one of those apps that made me go “wow” on first use. The app uses the device’s camera to measure heart rate variability and in turn can use this information to track overall stress levels. A great tool for introducing students to the concept of arousal and readiness for optimal performance.

[sprintStart](#)

This simple, yet effective app enables users to measure their sprint start reaction time from the starting blocks. Simply place the iPhone or iPod inside your pocket, or better yet an armband, and press the start button. You will then be prompted with “take your marks, set” and then a gun will sound. Your reaction time will be noted and displayed on screen following your explosive start. Anything under 100 ms is considered a false start. Use this app to hone in on your starting skills in an athletics unit.

[Moves](#)

Simply download the free app, place it within your pocket and check back occasionally as the app tracks your activity, via both the GPS and internal accelerometer. At the end of every day, you will be presented with a beautiful storyline of your day’s activity, with metrics on aspects such as your total steps and distance accumulated in a variety of types of locomotion (see picture right).

This exceptional data can then be used to formulate discussion surrounding physical activity and national activity guidelines. A super simple and unobtrusive means of gathering activity data. The only real downside is the extra pressure background running will place on your battery. However, if you’re a light to medium iPhone user, you shouldn’t notice too much of a difference.

[Cardio Touchless Camera](#)

The creators of the most popular heart rate app, “Instant Heart Rate”, have brought out a touchless heart rate app that makes it possible to measure your HR by analysing the tiny colour changes in your face. This becomes a wonderful addition to the PE classroom during fitness classes. Simply place the device at a fixed location and have students check their heart rate during a rest station. The app also takes the measurement to a new level by providing you with your heart rate history and a comparison with other users. Impressive technology.

[60 Beat Heart Rate](#)

By compiling this app with additional [hardware](#), you can use it to track your heart rate variability during exercise. I particularly like how the app breaks your workload up into intensities and then tracks how long you spend within these intensities. Great for discussing energy system usage, fatigue and recovery.

[Cardiograph](#)

Cardiograph is a super high-quality app that tracks your heart rate via your device's camera. The best feature about this app is the capacity to create multiple profiles, making it perfect for a class full of students. Also, if you're running iOS 5 and using iCloud, then all of your measurements will be synced to all of your devices instantly.

[Stress Doctor](#)

A true Biofeedback app has arrived for iPhone 4/4S and it is amazing. A perfect way to teach students about psychological methods that enhance sports performance. Stress Doctor visualizes respiratory sinus arrhythmia (RSA) which, in layman's terms, is the rising and falling of your heart rate when you breathe in and out. When you inhale, pressure in your chest drops and consequently your blood pressure drops as well. The app uses this biofeedback to take you through a deep breathing.

[Pedometer](#)

The best pedometer app I have seen with the ability to track steps via the accelerometer or GPS. It also incorporates a Heart Rate feature, pacer, calorie counter and playlist integration. A must-have free app.

[speedClock](#)

A fantastic app that allows users to record the speed of anything. Simply set the distance between you and the object you wish to record and the speed is displayed. There are also a few other tools which can be helpful for a host of situations.

Data Analysis

PLATOSPORT

Any combination of Player, Location, Action, Time and Outcome (PLATO) can be recorded. PLATOSPORT also allows you to graph the results directly on your device and then share them by email. Have injured students complete intense analysis.

TimeMotion

Fantastic FREE application that allows you to record locomotion types of either live or recorded team sports. While observing the activity, simply select the type of movement the athlete is completing and update throughout the game. The app keeps a statistical breakdown of time/percentage spent standing, walking, running, sprinting, etc., allowing for a detailed exploration of energy system usage, training requirements and much more.

Easy Tag

A simple application that allows you to do statistical recording within sports. Perfect for getting Key Performance Indicators from within games. Have injured students do recording during practical classes.

Utilities

[TempoPerfect](#)

This app turns your mobile device into a fully functional metronome that can be used by PE teachers to allow timing of all sorts of exercise. Simply set your desired temp and you're on your way. We used this recently in senior physical education to time a step test that allowed students to explore the physiological response to exercise.

[sprintTimer](#)

A unique timer and photo finish app that employs the same techniques as the professional equipment used at the Olympics. Start the timer and point the camera towards the finish line. sprintTimer will build an image of narrow slices of the finish line. You can then scroll along the photo to get the time when each competitor crosses the finish line with a 0.01 s resolution. The image can then be saved for record keeping. To top it off, the timer can also be activated by a button touch or automatically by sensing the gun sound. AMAZING.

[Finish Line Photos](#)

A great little app that combines a digital stopwatch with the digital camera. Simply use the app to snap a photo as athletes cross the finishing line. The app will overlay the finishing time with the finishing photo, creating a unique record of the race results. A perfect addition to cross country or athletic events.

[Team Shake](#)

A simple app for randomly deciding teams in your classes. A clean but powerful interface enables you to quickly add class lists and sort out random teams in a flash.

[Make My Groups](#)

As the name suggests, a great app to take the stress out of placing students into teams. Allows import of names via Dropbox and saving/exporting of group lists. Use it to organize spontaneous team activities.

[RaceSplitter](#)

"RaceSplitter is the 'do it yourself' solution for race timing — providing coaches with accurate split times, lap times and standings during the race, and organizers with a powerful alternative to chip-timing." This app is truly extraordinary and will become a major player in our school's annual cross country event. Check out the video below to see the app in action.

[Skitch](#)

An incredibly diverse iPhone/iPad app that makes it easy to annotate and mark up anything you like. Use shapes, arrows, sketches and text annotation to get your point across fast. Mark up photos, screenshots, maps, and web pages, then share them with anyone you like. A brilliant FREE addition to the PE practical classroom. Use Skitch to:

- Annotate skill performance and tactics within game play
- Showcase player position understanding of rules and playing areas

[ballTester](#)

A useful free tool that enables you to test the rebound height of different balls to determine if they meet the specified requirements. Teachers and students can use this to test how varied pressure and surfaces impact on the rebound height and the subsequent co-efficient of restitution, making it a perfect tool for exploring Biomechanics principles.

[Inhaler Tracker](#)

A simple app that allows you to track when inhalers are due to run out. Designed to be quick and easy, you simply add the inhalers that you use and, whenever you take a dose, you simply run the application and tap the entry for the corresponding inhaler. The remaining medication in each inhaler is clearly displayed to help you to anticipate when an inhaler will need replacing.

[ShowMe](#)

This free app allows users to record the drawings they make on their screen while completing a narration. Perfect little tool for students to share their understanding of game strategies. This app has amazing potential in all subjects, with the capacity for the recordings to be shared via the Show Me website.

[PB GO](#)

Great little app for use in Swimming and Athletic events which allows you to record the personal best times for your students/athletes etc. There is also the option to attach an image for each event.

[TempoMagic](#)

It allows you to alter the tempo of the music on your device. Perfect for fitness circuits, running or anything where you need a consistent tempo.

[Interval Timer](#)

An app that will assist with the timing of activities by allowing you to designate a high intensity and low intensity duration along with a dedicated rest duration. Perfect for use within cycling, running, weights, exercise, workouts, stretching, boxing, etc. No longer will you need to keep an eye on the stopwatch.

[Interchange Manager](#)

A great little app to allow teachers and coaches the ability to track a student's or player's game time statistics. Start by adding your classes or team lists, start a game and tap the students who are starting on the field. When they move to the interchange, untap their name. At any point in the game, you can easily see the amount of time any player has spent on the ground, and use this data to inform your choices. It could also be used to ensure equitable decisions are made in terms of equal participation for all.

[Result Tracker](#)

Result Tracker records results so you can track progress in the activities which are important to you. It's designed to track results for all types of sports, academic, personal fitness, child growth or just about anything you can think of. You set up the activities by choosing from a wide range of result formats. With this FREE iPad app, you can easily track your classes' improvement in a wide range of activities, from fitness tests to athletic and swimming events.