

# WELCOME

# WORKSHOP MAP



**Practical  
session  
(30 min)**



**Theory +  
session  
design (60  
min)**



**Q&A +  
resources**

# REFLECTION

**What did you feel?**

**What did you notice?**

**As an active student, would you enjoy this?**

**As an inactive student, would you find an entry point?**

# 3 CHALLENGES

**1 in 8 children (12.7%) in New Zealand obese  
(Ministry of Health, 2021)**

**Teen physical activity dropping from 12 to 5 hours  
per week between ages 12–24 (Sport NZ, Active NZ  
Survey)**

**71% of parents are concerned about screen-time  
(Pew Research Center, 2020)**

# FOOTSTEPS VISION



# TECHNOLOGY AS AN INCENTIVE

*“My students came back to class on an absolute high”*



*The Long Term Athlete Development [LTAD] Model from Canadian Sport for Life*

# **REAL-WORLD PROOF – Naperville 203**

- **Physical activity embedded in school day**
- **Grading based on time in heart rate zones**
- **Use of small-sided games for constant movement**
- **Ranked top in international math & science tests**
- **Lower childhood obesity rates**

**QUESTIONS?**

# TECH TOOLS FOR YOU



# Existing Devices You Already Have

- Tablets, phones, cones

# ● Free Tools

- SwitchedOn
- Create Your Own

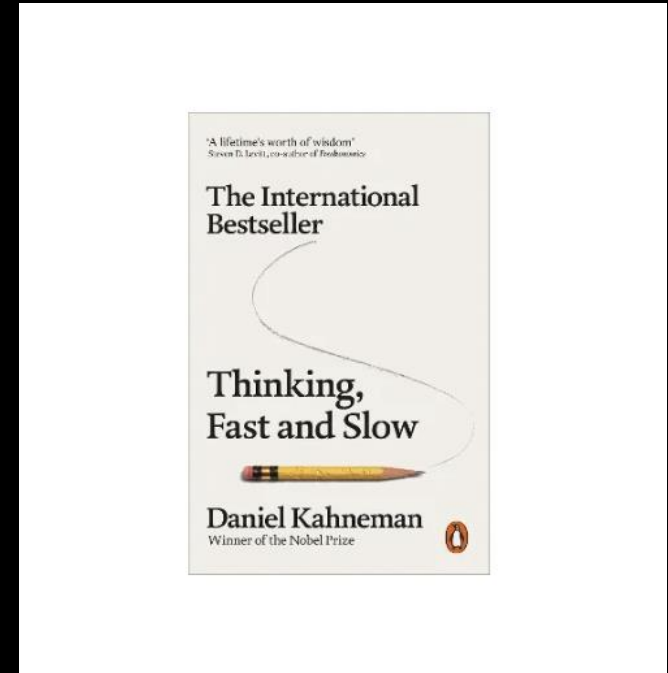
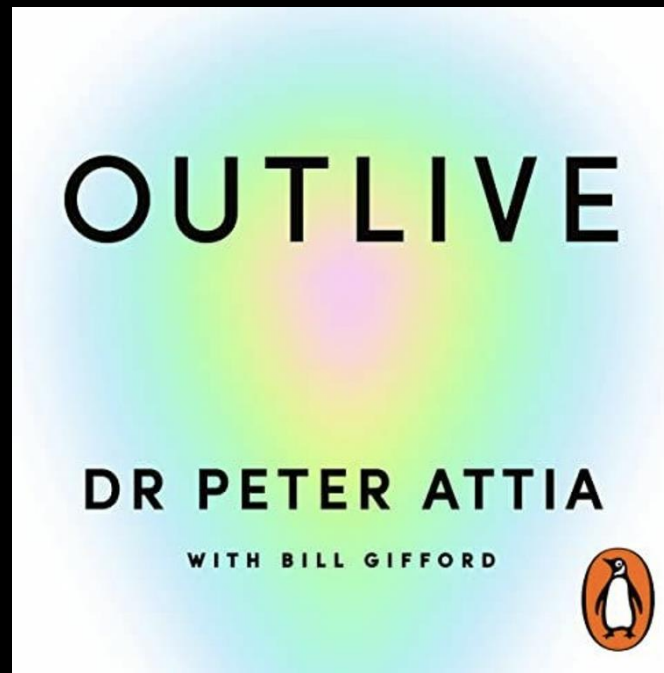
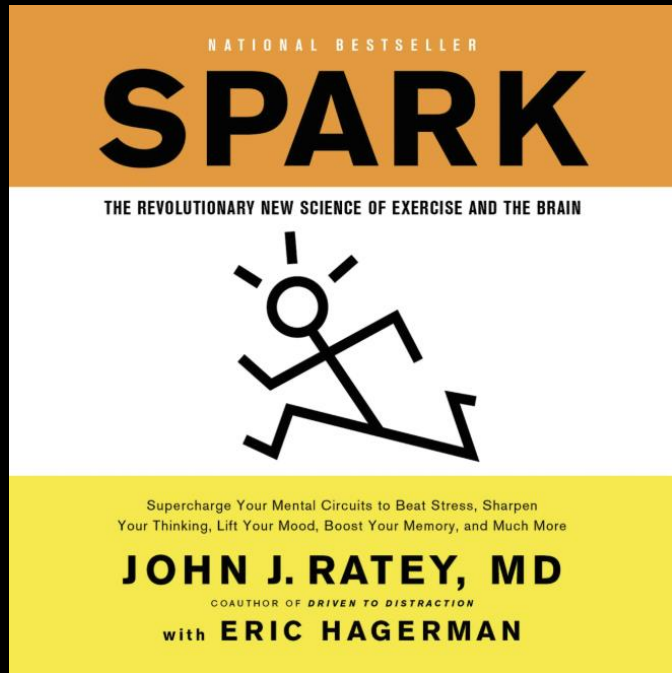
## ● Low-Cost Tools

- Pedometers
- Hecostix
- Schulte Table

## ● Premium Tools

- Blazepods
- NeuralTrainer
- Strobe Glasses
- FitLights

# RECOMMENDED BOOKS



# THINK OUTSIDE THE BOX



**THANK YOU**