“One of the most challenging and most rewarding aspects of ‘the flip’ is how teachers use classroom time.” K. Walsh

What does ‘the flip’ classroom look like?

The premise of a flipped classroom is simple. Instead of lecturing in class and giving homework at home, ‘flip’ it; give the lectures at home, and do the homework in class. In a typical classroom, teachers provide information and then send students home with homework assignments. Flipped learning, on the other hand, has the individual student learn the basics at home via the use of instructional technology, such as watching a video, listening to podcasts, or reading articles that access their prior knowledge. Upon his or her return to class, each student is then better prepared to further explore the topic at hand and the teacher can use precious class time more effectively by providing specific feedback, clarifications, practice what they have learned, and provide reinforcement. Thus, the conventional rote memorization for a test gives way to critical thinking.

A sample Flipped classroom might look something like:

1) Students prepare for class by watching video, listening to podcasts, or reading articles that access their prior knowledge.

2) Students then reflect on their learning and organize a list of questions regarding what is confusing them.

Weekly iApps

Week 1

Padlet.com
Formerly called Wallwisher, Padlet is a web-based application that lets multiple users express their ideas on an online sheet of paper. Works with any device, great for sharing feedback or collating questions.

Week 2

Explain Everything
If you are thinking of Flipping your classroom, this app is a must have! It allows you to record your presentation and annotate, animate, or narrate on it. Great starting point of creating an online lesson.

Week 3

Educreations
If you are as poor as me and don’t want to pay for any apps, Educreations is a free alternative to Explain Everything. It doesn’t have as many features, but hey, it’s free and it works!!

Week 4

Khan Academy
So after two weeks, and you are finding less and less time to create tutorial videos... Well, don’t reinvent the wheel, Khan Academy, has over 4000 educational videos ranging from geometry to the French Revolution. Again, all free!
Possible application in PE

Some possible applications of ‘flipping’ modules in the PE classroom:

• mastery of game rules
• familiarization and practice with heart rate monitors, handheld GPS (geocaching), etc …
• Familiarization with discipline related terms, such as, VO2max, muscular endurance, BMI, Heart-Rate Reserve, etc.,
  • demonstrations of correct movements and skills
  • demonstrations of teaching progressions, and spotting techniques(e.g., the hand spring)
• review and prepare for tests
• personal fitness tests

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