GETTING STARTED: APP INSTRUCTIONS

Record A Performance

☐ Tap ☺️ to record a new performance.

☐ Hold up the iPad to get ready to record the video.

☐ Press the ⌚️ on the right-hand side to begin recording.

☐ Press the 🎥 to stop recording.

Create A Path For Your Performance

☐ To open your performance, find it on the home page.

☐ Touch the white dot at the bottom of the screen. Drag the dot to the beginning of the performance you are interested in.

☐ Tap on the performer on the screen 👤 to add a point.

☐ Press the ♫ button a few times and then tap on the performer again to add another point.

☐ Repeat until you have tracked the part of the performance you are interested in.

☐ Tap NEXT on the top right corner of the screen.
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**Enter Distance Or Size**

- Move the calipers around by touching and dragging on the screen until they line up with some measurement you know.
- Use two fingers to pinch the calipers to make them bigger or smaller until they’re the same size as the object/person.
- On the ENTER SIZE box, scroll through the numbers and units to enter the measurement and size.
- Tap **DONE**.

**Watch Your Performance**

- Change lenses along the top of the screen.
- Tap **play** on the bottom left of the screen to play the video.
- Tap the turtle toggle on the bottom right of the screen to play the video in slow motion.
- Tap on at the bottom right hand corner to view the graphs.
  Choose to see ALONG PATH, HORIZONTAL or VERTICAL data.
Tips For Filming

**Tip #1 – What you “trace” is what the data is about.**
You can only follow one person or object at a time. The more accurate the points you enter, the more accurate your data will be.

**Tip #2 – Track the same point on the person/object for the entire performance.**
Try attaching a big yellow spot to an object or wearing a red hat to make a single spot easy to track.

**Tip #3 – Stay parallel to the camera.**
This means no running towards or away from the camera. Only move left and right, or up towards the sky and back down towards the ground.

**Tip #4 – Keep the camera still.**
Don’t pan or jiggle the camera.

**Tip #5 – Know the height of the person or object you are tracking.**
Including a meter stick in the video can ensure you know the height so that your data is accurate.

**Tip #6 – The video will crop and play back only the part you created a path for.**
Be sure to add points for the section you want to investigate.

**Tip #7 – Frame the performance.**
Make sure you can see the range of motion in the performance on the screen. Using activity overlays can help guide filming.

**Tip #8 – Play, have fun, and be silly!**
Create videos of movements that interest you.
### Playground Physics: Bingo

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<tr>
<td>Use the FORCE lens to record a race. Adjust the ground line, making sure the runners are in the same plane of motion. Trace a path for each runner.</td>
<td>Design your own activity.</td>
<td>Open the sample performance in the app (kid swinging). Adjust calipers for the boy in the video. <em>Note: the boy is 1 m tall.</em></td>
<td>Open one of your own performances in the MOTION lens. After creating your path, what is the total distance traveled by the person or the object along the path?</td>
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<td>Create a new performance. In this recording, create a path of motion for the person or object using four points and open the graph drawer. Repeat after adding more points to the path.</td>
<td>Show that you’ve used a meter stick in at least three of your performances. 1) __________ 2) __________ 3) __________</td>
<td>Design your own activity.</td>
<td>Create a new CLIMB performance. Open the graph drawer and view the vertical data. What is the highest height of the climber?</td>
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<tr>
<td>Open the sample performance for the first time (kid swinging). Create his path by adding a point and then tapping &gt;&gt;</td>
<td>and adding another point. Do this to add points for one complete swing. <em>Note: the boy is 1 m tall.</em></td>
<td>Create a new THROW performance. Find two friends and use the app to record them tossing a ball from one to the other.</td>
<td>After creating a path on a FREESTYLE performance, open the graph drawer and find the moment in the video with the lowest horizontal speed.</td>
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<td>Design your own activity.</td>
<td>Create a new RUN performance while you run like a wild animal. Open the graph drawer and view the horizontal data. What is the slowest speed the person ran?</td>
<td>Press the turtle toggle button to watch a performance in slow motion.</td>
<td>For one of your recordings, add stickers. What color were your stickers? Are they the same in each lens?</td>
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