***Gifted and Talented Strategies for students during Physical Education Pre K-3.***

1. *Modifications*: applying modification during game play for gifted and talented students will allow more of a social, emotional and more enjoyment. Ex. would be applying smaller targets and balls towards key objectives in the lesson. This will allow the students to be challenged and have more of a contest between peers involved.

2. *Adaptions*: applying adaptions during game play for gifted and talented students would be having the students say the muscles groups during leg workout. Each of the students would be paired up and discuss to one an other the appropriate muscles involved during the activity. This type of adaption will focus on prior knowledge and scaffolding techniques for further lessons

3. *Refinement*: applying refinement during game play for gifted and talented will allow for more acute movements and specialized motions. Ex. would be having the students during and hop and skip lesson try an alternate legs as they land on there feet. Having the student land on alternate legs help refine cognitive ability and brain development.

***Technology Integration Strategies for student during Physical Education Pre K-3.***

1. *Video Resources*: applying video resources in a physical education class allows for engagement and self monitoring based on movement development. Ex. students will follow the movements and steps with the online resource <https://www.gonoodle.com> in which students learn cooperative learning, motor development and improve cognitive ability.

2. *Heart Rate Monitor Apps*: applying heart rate monitor in a physical education class allows students to review data and improve physical fitness goals. Ex. having the students utilize a heart rate monitor allows students to evaluate results with his of her teacher and develop future goals. These apps also help parents get a better understanding of their child’s progression in physical education as the data in provided online.

3. *Pedometer technology*: applying Pedometer in a physical education class allows students to calculate low, moderate, and high heart beats. This type of technology helps students review their heart function and apply a fitness program that reduces ones on resting heart rate.