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Ben Wells, M.Ed. is an accomplished educator with a diverse background spanning physical education and cutting-edge technology integration. With a BS in Exercise Science and Physical Education from the University of Northern Colorado, and an M.Ed. in Integrating Technology in the Classroom from Walden University. Throughout his career in K-12 physical education and health instruction, Ben has not only held various teaching roles but has also made many contributions to the education community. He has written physical education curriculum for the Colorado Department of Education (CDE) and his dedication to enhancing the physical education learning experience through technology earned him the title of the 2016 SHAPE Colorado Secondary Teacher of the Year. He served as the Technology Director for SHAPE Colorado for several years and helped to encourage and improve the use of technology in health and physical education. Currently, Ben works at Bennett Ranch Elementary in Falcon, CO, where he teaches K-5 students. He serves as an active Lü Interactive Wall Ambassador, WellTrain Technology Trainer, CDE Presenter and National Presenter for physical education. In Ben's classroom, technology isn't just a supplement; it's an integral part of daily lessons. He empowers his students to view technology as valuable tools, not mere toys, ensuring they acquire essential digital literacy skills while developing the skills needed for a healthy active lifestyle. Beyond the classroom, he presently conducts physical education and technology training workshops for educators nationwide. As an ambassador for Lü Interactive, he champions interactive wall systems designed to revolutionize education. Ben's passion for technology helps him to focus on empowering all educators and students while enhancing all aspects of the educational landscape through seamless technology integration. He believes that technology, when used appropriately, can enhance the learning experience by offering interactive tools and resources that engage students and promote physical literacy.

Innovative Integration of Technology in Physical Education, Physical Activity and Active Living

This presentation is a compelling exploration of how cutting-edge technology is revolutionizing traditional pedagogies, fostering holistic development in students in physical education (PE), physical activity (PA) and active living. Exploring the variety of interactive learning platforms that engage students in immersive experiences, emphasizing not only physical fitness but also mental and emotional well-being. Wearable technology takes center stage, providing real-time feedback and encouraging personal growth. Discover how gamification transforms physical activity into an enjoyable, goal-oriented experience, promoting teamwork, discipline, and a lifelong love for movement. The focus extends beyond the classroom, as technology tools can cater to diverse learning styles and environments, ensuring inclusivity. Data-driven insights guide educators in tailoring programs to the unique needs of each child, fostering a comprehensive approach to their development. In this presentation, there will be examples of students use technology for ownership over one's learning through individual choice by interest, self, peer and team assessments, self-feedback, self-video recording, and skill, routine and gameplay development as well as using devices for observations, additional instruction, skill demonstrations, sharing of student success through communication with parents and student physical activity tracking through heart rate monitors and other tools. These technology tools are for more than just PE and are able to be adapted to PA and other educational contents provide opportunities for whole child growth and development. Explore how innovation in PE and PA can shape a generation of individuals who are not only physically active but also socially adept, emotionally resilient, and intellectually engaged while developing a healthy active lifestyle.