1. Fitness Pro - <https://itunes.apple.com/us/app/fitness-pro/id336826731?mt=8> It is a free app and is appropriate for all ages. The app has an exercise library with 450 exercises divided into categories for your fitness needs. This is helpful for teachers because it can be used to design any type of fitness program for students. This app can benefit students because it provides pictures of real people demonstrating how to perform each exercise.
2. iCircuit Training - <https://itunes.apple.com/us/app/icircuit-training/id430619418?mt=8> This app cost $0.99 and can be used for all ages. It is an exercise app which has 18 pre-designed circuits with over 50 exercises. This app will benefit teachers because it does not require internet connection so it can be used in any setting. It benefits students because it is low cost and uses minimal to no equipment.
3. BaM Video Delay - <https://itunes.apple.com/au/app/bam-video-delay/id517673842?mt=8&ign-mpt=uo%3D4> App cost $5.49 and is appropriate for all ages. This is a video feedback app which allows you to record and display delayed video. It is a good tool for teachers because it allows students to record themselves and work on technique. Students can benefit from this app because it allows them to record themselves and use as a practice aid.
4. Basketball Coach Plus - <https://itunes.apple.com/us/app/basketball-coach-plus/id423270650?mt=8> App cost $2.99 and is for all ages. It is a video coaching app designed to provide feedback for all levels of basketball competition. This benefits teachers because it provides technique analysis with playback features. It benefits students because allows them to play their own clip alongside a reference clip for comparison and improvement.
5. Show Me - <https://itunes.apple.com/gb/app/showme-interactive-whiteboard/id445066279?mt=8> App is free and is for all ages. Allows you to turn your iPad into a whiteboard. This app benefits teachers because it allows them to use iPad just like an interactive whiteboard. Teachers can easily upload images from photo library. Students can benefit from features such as multiple brush colors, voice recording and pause and erase.