OUR APPLICATIONS

OCTOBER 2023





Discover the Lü Community

The Lü Community is a free, peer-based, and open online platform that allows teachers and other Lü users from across the globe to discover original content created by other Lü enthusiasts.

Create your own content and customize existing content to use right in your Lü applications.

Collaborate with other teachers to include cross-curricular content in your activities and instantly access it in the "My Content" section of your system. **Share** your content with the entire community online so other users can access it from their systems.

Be part of a new synergy between educators, coaches, and leaders around the world helping kids reach their full potential.

Create an account > lu-community.com

Why subscribe to Lü+?



Access the ultimate Lü experience and get the most out of your system and the Lü Community with Lü+!

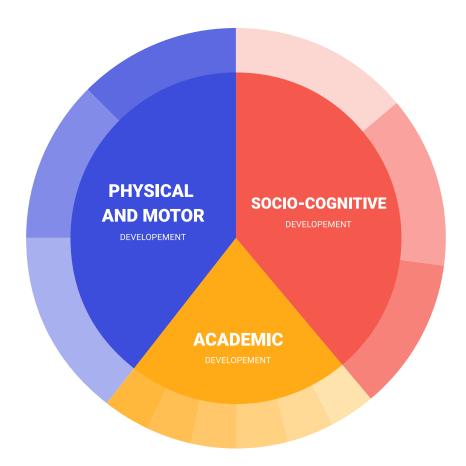
Get unlimited access to our premium portfolio of Lü+ exclusive applications and get even more applications to keep your students in a constant state of discovery and amazement. Unlock the Lü Community's full range of creative and customization features to create multi-subject content, and discover the exclusive Lü+ features in the applications you're already using.

Learn more. Contact PowerUpEDU. Click HERE or Activelearning@powerupedu.com www.PowerUpEDU.com



Holistic child development

One of our main priorities is to support the holistic development of children around the world. That's why we use the following competencies for the three main facets. Each description is accompanied by the competencies targeted by our team of professionals and the researchers who have partnered with our company.



- Gross motor skills
- Fine motor skills
- Sensorial perception
- Analysis
- Innovation
- Interaction
 Language
 - Mathematics

education

• Physical and health

- Science and technology
- Social studies
- Arts



Our applications

	Recommended age	Number of teams	Academic development	Düo	Lü Community	Lü+	Page
Веер	All ages		Activity and fitness	•			7
Bräcket	All ages	4, 8, 16	Sports and games		•	•	9
Chröno	All ages	1-6	Activity and fitness	•			11
Lümi	All ages						13
Mööd	All ages			•			15
Relé	All ages	1-4	Sports and games	•			17
Repläy	All ages					•	19
Routïne	All ages	1			•		21
Scöreboard	All ages	2	Sports and games				23
Tactïk	All ages		Sports and games				25
Teäms	All ages	1-6		•		•	27
Vöte	All ages				•	•	29
Wörlds	All ages			•	•	•	31
Dojö	4+	1-6	Movements	•	•		34
Gaïa	4+		Health and healthy habits	•			36
Target	4+	2-6		•			38
Zoo	4+	1		•			40
Galactic	5+	1		•			42
Danza	5+	1	Movements, dance				44
Grööve	5+	1	Movements, dance			•	46
J S & B: Mïni	5+	1				•	48
Puzz	5+	2		•	•		50



	Recommended age	Number of teams	Academic development	Düo	Lü Community	Lü+	Page
Wäk	5+	1-2	Geometry, arithmetic		•		52
Brüsh	6+	1-2	Health and healthy habits	•		•	54
Minewörd	6+	1	Writing		•		56
Newton	6+	2	Arithmetic	•	•		58
Pila	6+	2		•			60
Spörts	6+	1-2	Sports and games	•		•*	62
Twïns	6+	2-4	Visual	•			64
Wäll	6+	1		•		•	66
SphYnX	6+	2	Geometry				68
Phÿs	7+	1	Forces and energy				70
Pixël	7+	1-2	Plastic arts			•	72
Roar	7+	2	Sports and games	•			74
Scala	7+	2		•			76
Shäpes	7+	2	Sports and games, geometry	•		•	78
Störia	7+	1	At your choice		•		80
Germ	8+	2	Sports and games				82
Grüb	8+	2-4	Health and healthy habits	•			84
Jam	8+	1	Music				86
Lüvia	8+	2-4	At your choice		•	•	88
Vïka	8+	2	Arithmetic, geography				90
Bülle	9+	1-4		•		•	92
Lëaf	10+	1	Living universe				94
Constello	10+	1	Geometry	•			96
Swët	10+	3		•			98





Utilities

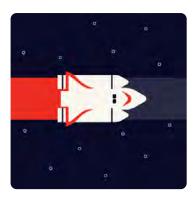
Our variety of utilities allows you to better organize your class time, get to know your students, and create jaw-dropping immersive environments!

> Learn more. Contact PowerUpEDU. Click HERE or Activelearning@powerupedu.com www.PowerUpEDU.com





Beep



RECOMMENDED AGE: All ages

Description

Push your aerobic capacity to the limit (VO2 max) while exploring space alongside Rob the robot in this interstellar beep test.

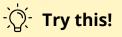


How to play

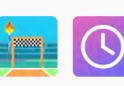
Test your students' aerobic capacity in a new way with fun visuals.

Set-up

- Place pylons to mark the start and finish lines for the chosen distance.
- Have students do a practice run before beginning the test.



- Choose from five standardized tests: Léger (20 m), Eurofit (20 m), Birtwell (40 m), Pacer (15 m), and Pacer (20 m).
- Click on the three dots to select a distance, speed in km/h, and acceleration per level.
- The rocket represents the time between beeps. The astronaut represents the progress within a level and the last successful level is shown in red at the top of the screen.
- Use the **1** (cheers), **2** (animations), or **3** (flags) keys on your keyboard remote to create additional animations during the test.





Physical education

Use the application and its adjustable options regularly to build your students' cardiovascular endurance. It's a fun yet formalized way to track your students' maximum aerobic capacity.

Application overview \bigcirc







Bräcket



RECOMMENDED AGE : All ages **NUMBER OF TEAMS :** 4, 8, 16

Description

Organize competitions with playoffs in a few steps! Go online to the Lü Community or quickly start a tournament in the application.

Let the games begin!

Academic development	Sports and games
Physical and motor development	
Socio-cognitive development	Task engagement

How to play

Bräcket helps your students to visualize your tournament. Customize it in the Lü Community.

Set-up

• Divide students into teams



- Select an option: single or double elimination.
- Select the number of teams: 4, 8, or 16.
- Play quick tournaments with Lü avatars.
- Create custom teams on the Lü Community.





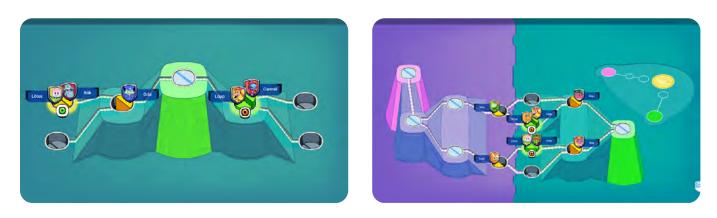
Elementary

Create your own literary tournament in the Community.

Physical education

Create a competition between your students by entering their team names in the Community.

Application overview 👁





Chröno





RECOMMENDED AGE: All ages **NUMBER OF TEAMS:** 1-6

Description

Chröno is your ultimate time management partner! Display and accurately measure time for your physical activities with a single, multiple, and lap stopwatch.

A timer feature helps you keep track of sessions of all kinds, and the Tabata option offers intensive interval training sessions.

Academic development	Activity and fitness
Physical and motor development	Cardiovascular endurance Speed
Socio-cognitive development	Task engagement

How to play

Chröno is a utility that allows you to display times for your activities.

There are 3 options: Stopwatch, Timer, or Tabata.

Set-up

• Prepare more game stations.

DID YOU LIKE THIS APP? Try this one!





- The timer feature lets you choose a duration and show how much time is left. The colors change as the clock starts to run out.
- Engage your students' attention with familiar visuals: a classic timer with multiple color options, a time timer, an hourglass, or even a popsicle melting in the sun.
- The stopwatch's lap feature can measure the time for 1 to 6 different teams at once. Each time the screen is touched, the lap time is recorded and the total time is entered for each team.
- Record individual times with the multi-stopwatch option. Press Play to start the stopwatch and Pause to stop it. The stopwatch can be reset as many times as needed.
- With the Tabata option, you can create an activity in no time with two levels of intensity, low and high, and quickly program a duration for each intensity and a number of repetitions.

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Preschool

Time management is an important skill to develop in preschool. With Chröno's fun tools, help your students visualize the passage of time and understand it in a concrete way.

Elementary

Let your students see how much time they have to complete a task and anticipate the end of an activity.

Physical education

Help your students manage their time with the Timer and Tabata options.

Measure your students' performance with a variety of Stopwatch options.

Application overview \bigcirc



Lümi



RECOMMENDED AGE: All ages

Description

Bring your gym to life with fun light effects.

Academic development	
Physical and motor development	
Socio-cognitive development	

How to play

Choose a special lighting for your activities from the wide range of options.

Set-up

• No preparation required.



- There are 2 options:
 - **Presets** Choose from different preset light effects.
 - Custom colors Lets you choose a light color for your Lü system.





Elementary

Create special events with this lighting application that comes with your Lü system.

In disco mode, the lights will change to match the music playing in your gym!

Application overview \bigcirc







Mööd



RECOMMENDED AGE: All ages

Description

Quickly get to know how your group is feeling and exercise self-awareness with Mööd.

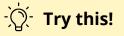
Academic development	
Physical and motor development	
Socio-cognitive development	Emotionnal regulation Interpersonal skills

How to play

Launch the app to take the pulse of your group! Once everyone has answered, click **OK** to see the results in a pie chart.

Set-up

• 10+ balls



- Adapt your lessons in response to your students' emotional state.
- Choose whether students answer by throwing balls or using their hands.





Preschool

Help students learn to talk about emotions with this application.

Elementary

Work on reading pie charts by interpreting the results with your students.

Physical education

Use this application before and after a class to see how your students' moods have changed, and get tangible proof of the benefits of physical activity!

After time off, at the beginning of the year, or at any other time, give your students the opportunity to express their emotions and keep the discussion going!

Application overview 👁







Relé

RECOMMENDED AGE: All ages **NUMBER OF TEAMS:** 1-4

Description

Take part in the most exciting relay race ever!

Run from one cone to another, throw a ball at the screen, and come back so the next person can take their turn. Play in competitive mode, where the fastest team wins, or in collaborative mode, where all teams race to get the same high score.

Academic development	Sports and games
Physical and motor development	Cardiovascular endurance Speed
Socio-cognitive development	Cooperation Task engagement

How to play

Create your own courses and record the time for each team with Relé!

Set-up

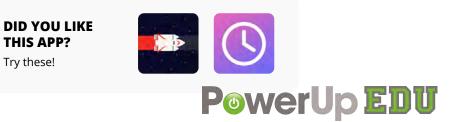
• 0-5 balls

Try these!

- Mats to mark the throwing area
- Prepare the course ahead of time.
- Prepare additional stations (if needed).
- Divide students into teams



- Instead of having students touch the screen with their hands, create a throwing area to pass the torch.
- Choose between competitive and collaborative mode.
- Select the number of lanes: 1, 2, 3, or 4.
- Select how many relays you want: 200, 300, 400, or 500 meters.



Elementary

Use the idea of a relay race to practice your students' knowledge with active quizzes.

Physical education

Create a relay race inspired by your curriculum. Use your creativity to create a course that aligns with your students' needs and the skills they need to develop.

Relé will watch the time, so you can focus entirely on your students.

Application overview 👁



Repläy





RECOMMENDED AGE: All ages

Description

Put image capture to good use with Repläy!

Watch yourself in action live or record yourself to keep track of your feats and watch them in replay, allowing you to improve your skills.

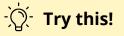
Academic development	
Physical and motor development	Proprioception Locomotion
Socio-cognitive development	Task engagement

How to play

Record yourself or use the Replay mirror effect to play back your movements immediately, or watch your videos later to analyze them.

Set-up

• No preparation required.



- **Choose between** the mirror, new video, or my videos options.
- Choose the length of your video: 15 seconds, 30 seconds, 45 seconds, or 1 minute.
- Press the **0** key to access new options.





Physical education

Provide visual feedback to your students to help them grow.

With Replay, students can see what they're doing well and what they need to work on.

Application overview \bigcirc





Routïne





RECOMMENDED AGE : All ages **NUMBER OF TEAMS:** 1

Description

Plan your teaching and learning sequences with Roütine, available in the Lü Community.

You can customize your content to help your students work on a variety of skills. Use visuals, sound effects, and lighting to create your own timed activities!

Academic development	
Physical and motor development	
Socio-cognitive development	Task engagement

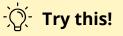
Description

Start an activity routine in the system.

Students complete the activity within the given time frame.

Set-up

• Prepare your sequence ahead of time



- Create your own timed activity sequences in the Lü Community, where you can insert visuals, sound effects, and even music.
- By designing your routines directly in the Lü Community, you can name your activities, decide on their duration, and choose lighting schemes to create specific moods for each one.
- Enjoy inspiring routines developed by the Lü education team and our many users around the world.





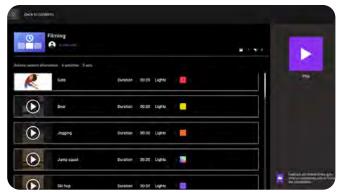
Physical education

Plan your warm-up, cool down, and learning activities with Roütine!

This application is relevant for all components of your physical education course.

Application overview \bigcirc





Scöreboard



RECOMMENDED AGE : All ages **NUMBER OF TEAMS: 2**

Description

This is a scoreboard to use with all your games, with team names, periods, quarters, a timer, and more.

Delight the crowd (and your students) by adding a fun selection of lights and sounds!

Academic development	Sports and games
Physical and motor development	
Socio-cognitive development	Task engagement

How to play

Scöreboard features different visuals and game options for your basketball, volleyball, and football games.

Set-up

- Divide students into teams
- Identify teams by color.

Try these!



- Choose a sport to show sport-specific visuals.
- For each game, you can choose from an array of options related to that sport.
- In general mode, choose a duration or a winning score.



Primaire

For friendly competitions, choose any d you want to keep track of the score!

Physical education

Liven up your basketball, football and volleyball periods with fun visuals and upbeat music to keep the score.

Application overview \bigcirc



Notes 🖉

PowerUp EDU

Tactïk



RECOMMENDED AGE: All ages

Description

Create and save tactics boards, then use them in presentation mode. Organize your gym and set your creativity free!

Academic development	Sports and games
Physical and motor development	Proprioception
Socio-cognitive development	Cooperation Task engagement

How to play

Plan your practices or game strategies using the many options available.

Set-up

- Divide students into teams
- Identify teams by color



- Choose from the following layouts: badminton, basketball, football, handball, hockey, tennis, soccer, volleyball, or a neutral field.
- Choose the equipment needed for the game.
- Use the tools to illustrate your gameplay. *Explanations on how to use each key are shown at the bottom of the screen.*
- Save your strategy for future use.





Physical education

Use the easy-to-understand visual and numerous options to make your lessons easy for students to grasp.

Application overview 👁



Notes 🖉

PowerUp EDU



Teäms



RECOMMENDED AGE : All ages

NUMBER OF TEAMS: 1-6

Description

Generate up to 6 teams randomly.

Enter the number of players and how many teams you want and let Teäms do the work!

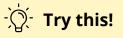
Academic development	
Physical and motor development	
Socio-cognitive development	

How to play

Using their hands, students pick a character who will assign them a team.

Set-up

• Indicate where students need to go according to the number they are given.



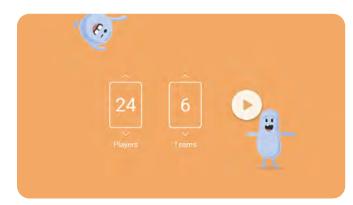
• Select the total number of players and teams.

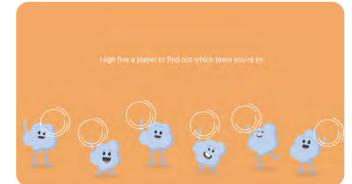


Physical education

Make your classroom management easier by quickly creating teams, all the while helping your students have fun and feel empowered.

Application overview 💿







Notes 🖉

PowerUp EDU

Lü⁺

Vöte



RECOMMENDED AGE: All ages

Description

See how your class is doing with Vöte! Easily create your questionnaire in the Lü Community platform or choose one of our quick questions.

This will encourage your students to share their knowledge or opinions and allow you to see their responses. Fun surveys in an active environment— what a great way to share your thoughts! 3, 2, 1... start vöting!

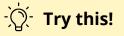
Academic development	
Physical and motor development	
Socio-cognitive development	Interpersonal skills Task engagement

How to play

Launch or create a survey in the system. Let the kids answer, then throw a ball at the checkmark to see the results in a bar graph.

Set-up

• No preparation required.



- There are several questionnaires available in the Lü Community.
- You can also create your own questionnaires to suit your needs.
- Pick from a range of symbols to represent the answers.





Elementary

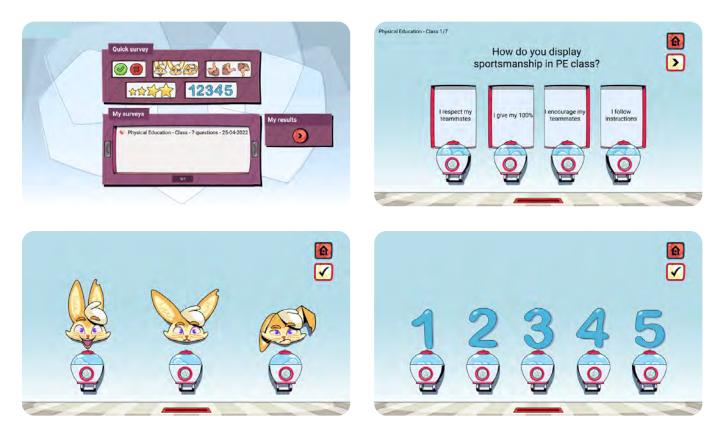
Vöte is a great way to introduce your students to democracy by creating opportunities to vote.

They can also learn about reading bar graphs when analyzing the results.

Physical education

Inspired by formative assessments, this application lets you gather information on your students' interests and opinions,

like the game they enjoyed the most or how comfortable they are playing the forward position.



Application overview 💿

Notes 🖉

PowerUp **EDU**

Wörlds





RECOMMENDED AGE: All ages

Description

Turn your gym into any universe you choose to!

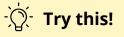
Academic development	
Physical and motor development	
Socio-cognitive development	Task engagement

How to play

Choose from a library of existing environments or create your own content on the Lü Community.

Set-up

• No preparation required.



- For each illustration, you can add sound effects, light effects, and text.
- You can even link your effects to a button on the Lü controller so they're easy to access.







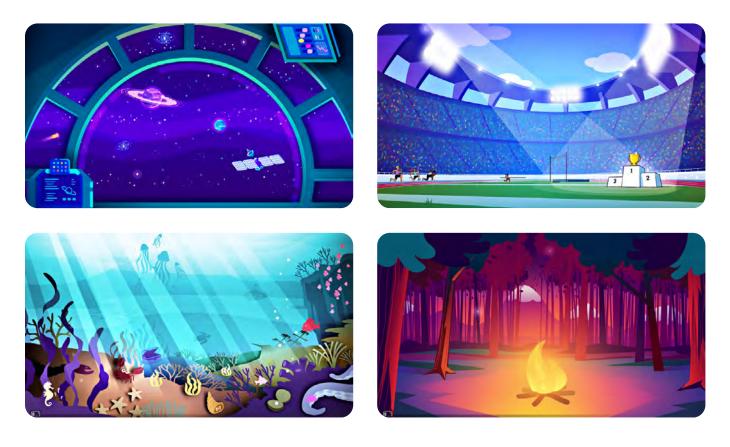
Elementary

Create special projects with your students: plays, musical performances, gatherings, parties, and more!

Physical education

Enhance your physical education classes by creating immersive worlds, environments, or settings, complete with images and light and sound effects.

Application overview 💿



Notes 🖉

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Let your students learn and develop their skills while having fun with our variety of games.

Learn more. Contact PowerUpEDU. Click HERE or Activelearning@powerupedu.com www.PowerUpEDU.com





Dojö



RECOMMENDED AGE: 4+ **NUMBER OF TEAMS:** 1-6

Description

Using exercises presented in the form of cards, Dojö allows your students to warm up and exercise independently.

Academic development	Movements
Physical and motor development	Cardiovascular endurance Coordination
Socio-cognitive development	Cognitive flexibility Task engagement

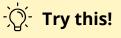
How to play

Students tap their game card, then perform the move assigned to their team. Once they're done, they tap the card again to reveal a new move.

The dragon at the bottom of the screen shows how far your students have progressed in the series of exercises.

Set-up

• Divide students into teams



- Vary the duration: 2, 3, 5, 7, or 10 minutes.
- Set a difficulty: easy, normal, hard or ninja.
- Choose random mode or a specific exercise type (warm-up, coordination, cardio, strength, or playful) depending on your needs.
- Create your own exercise sequences in the Lü Community or use ones from other Lü members.



Elementary

Take an active break with these silly exercises.

Physical education

Allow your students to warm up on their own through a range of movements.

Use the menu to preview the movements you picked in the Community before starting the game.

The total number of cards is shown at the top of the screen. Use this score if you want to congratulate the group on their efforts.

Application overview 💿





Gaïa





RECOMMENDED AGE: 4+

Description

Welcome to Gaïa's door. The key to this door? Relaxation!

In this 12 minute journey, you will perform Jacobson's progressive relaxation exercises. Perfect for the returning to calm state, relieving tensions and reducing stress. Have a nice trip!

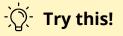
Academic development	Health and healthy habits
Physical and motor development	Proprioception
Socio-cognitive development	Emotionnal regulation

How to play

Follow this guided relaxation practice.

Set-up

• No preparation required



- **Choose a mode:** normal, chapter, or duration.
- Each chapter covers a different part of the body.
- L Set the duration to 2, 4, 7, 9, 10:30, or 12 minutes.





Preschool

Relax with Gaïa. We recommend chapter mode, as the meditation lasts 1 minute and gives your students visual cues to follow.

Elementary

This application helps your students cool down after they've been active.

Physical education

End your physical education period with this guided relaxation that encourages your students' independence.

Application overview \bigcirc









Target



RECOMMENDED AGE: 4+ **NUMBER OF TEAMS:** 2-6

Description

Test the speed and accuracy of your throws by hitting all targets of the same color. Play in score, timed or "king of the hill" mode.

Choose how to move targets and increase the level of difficulty as needed!

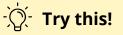
Academic development	
Physical and motor development	Speed Manipulation
Socio-cognitive development	Emotionnal regulation Task engagement

How to play

Hit the target to win points for your team!

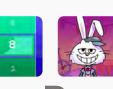
Set-up

- 5–10 balls
- Mats to mark the throwing area
- Divide students into teams



- Choose between **regular** or **custom targets**. Custom targets will be set at the size and height of your choice.
- Set a game mode: time, score, or last person standing.
- If you're using regular targets, choose how they're arranged: in columns or scattered.
- Select a number of teams: 2, 3, 4, 5, or 6.

DID YOU LIKE THIS APP? Try these!



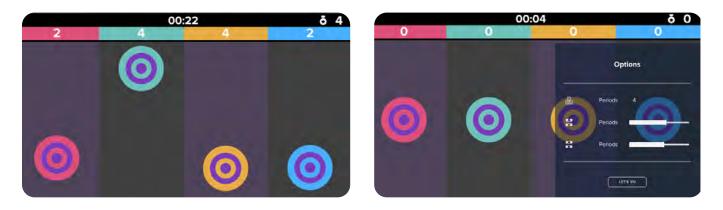


Physical education

Change things up and work on high jumps with your students by placing a wedge mat against the wall. Then have your students jump to touch the target on the wall.

Work on different types of throws (over-the-shoulder, roll throw, etc.) with your students by adjusting the height of the target.

Application overview 👁





Zoo

	0

RECOMMENDED AGE: 4+ **NUMBER OF TEAMS:** 1

Description

Throw the ball on the wall and a small animal will appear! If you hit the target again quickly, your pet will grow!

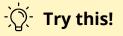
Academic development	
Physical and motor development	Speed Manipulation
Socio-cognitive development	Task engagement

How to play

Keep throwing balls at the same animal to make it grow! Try to get the black panther!

Set-up

• 5-10 balls



- Place students in teams of two to catch the ball on the rebound and encourage teamwork.
- You choose the duration of the game (no time option directly in the application).



Elementary

You can work with your students on the probabilities of getting a specific animal.

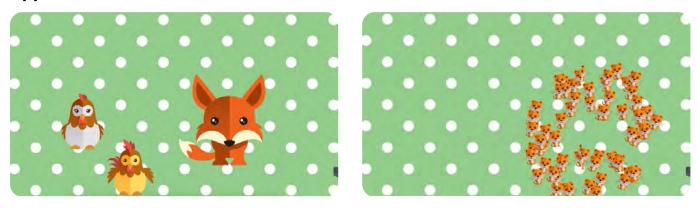
Take the chance to compare the prediction and the result.

Physical education

Work on speed and ball control with younger children.

Students can also practice catching their ball quickly on the rebound to make the animals grow.

Application overview \bigcirc



Galactic



RECOMMENDED AGE: 5+ **NUMBER OF TEAMS:** 1

Description

Defend yourself against the asteroids for as long as possible and try to leave your mark with the best score!

Watch for small colorful asteroids to earn bonus points and increase the difficulty level for a higher challenge.

Academic development	
Physical and motor development	Cardiovascular endurance Manipulation
Socio-cognitive development	Cooperation Task engagement

How to play

Throw the ball at the asteroids (squares) before they reach the spaceship at the bottom of the screen.

- 5-10 balls
- Mats to mark the throwing area



- Set the difficulty: easy, normal, hard, or ninja.
- Change difficulties by pressing the letter **N** on your keyboard remote.

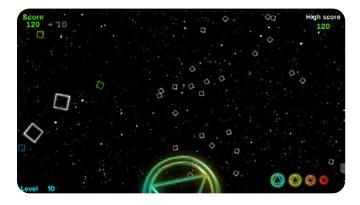


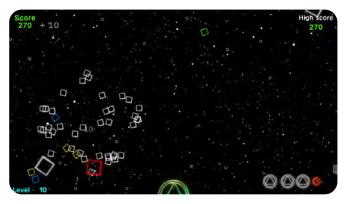
Physical education

Divide your students into two teams to work on offense and defense. One team must prevent the other from destroying the asteroids.

Ask your students to perform different types of throws to work on a range of skills.

Application overview \bigcirc





Danza



RECOMMENDED AGE: 5+ **NUMBER OF TEAMS:** 1

Description

Move your arms, move your legs, jump, turn, go left, go right...are you hot? That's what cardio dance is all about! No need to be a pro, just follow the guide and imitate his movements to the sound of music!

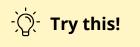
Academic development	Movements Dance
Physical and motor development	Cardiovascular endurance Coordination
Socio-cognitive development	Cognitive flexibility Inhibition

How to play

3, 2, 1, dance!

Set-up

• Prepare your dance area.



• The dance is 3 minutes long.

DID YOU LIKE THIS APP? Try this one!



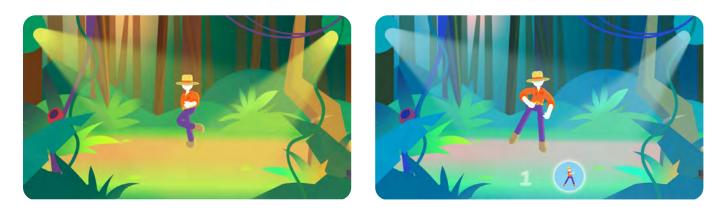




Physical education

This is a perfect warm-up or transition activity.

Application overview 💿





Grööve





RECOMMENDED AGE: 5+

NUMBER OF TEAMS : 1

Description

Let yourself be carried away by the rhythm of the music and learn choreogrpahies that *groove!*

Two modes are available: a practice mode that breaks down the choreography into movement sequences, and a free dance mode that allows you to simply learn it as you go. Enjoy the show !

Academic development	Movements Dance
Physical and motor development	Cardiovascular endurance Coordination
Socio-cognitive development	Cognitive flexibility Inhibition

How to play

Follow and learn the dances in Grööve.

Set-up

• Prepare your dance area.



- Use **learning mode** to learn and practice the different dance moves. You can record your dance, too!
- Free play mode lets you start a dance and follow the moves at the bottom of the screen.
- There are three levels: beginner, intermediate, and advanced.

DID YOU LIKE THIS APP? Try this one!





Preschool

Develop your students' gross motor skills with Grööve and its free play mode.

Elementary

If your students love dancing, they'll have a great time in learning mode.

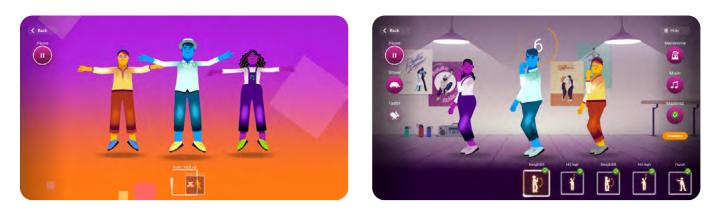
Physical education

This is a perfect warm-up or transition activity.

Depending on your curriculum, you may need to assess your students' dance skills.

Learning mode lets you save your students' progress and pick up the dance next class.

Application overview 💿





Just Shapes & Beats: Mïni



RECOMMENDED AGE: 5+

NUMBER OF TEAMS: 1

with

JU

Description

Crank the volume to 10 and get ready to groove with Just Shapes & Beats : Mïni! Shapes, Beats, and a bunch of friends is all you need to get the party going with this brand new game. Ready? Let's go!

Academic development	
Physical and motor development	Cardiovascular endurance Manipulation
Socio-cognitive development	Cooperation Task engagement

How to play

Just Shapes & Beats: Mïni is a collaborative game. Try to get all five stars by throwing balls at the spiders invading the screen.

- 5-10 balls
- Pylons to mark the throwing area



Elementary

End an educational play period with this fun application. For example, you could start your class with Newton or Lüvia and finish with Just Shapes & Beats Mïni to let students unwind.

Physical education

After a "practice" game, let the students discuss the best strategies to win the most points. Then have them put their strategy to the test. This will encourage students to communicate and collaborate.

Application overview 👁



Düo

Puzz



RECOMMENDED AGE: 5+ **NUMBER OF TEAMS:** 2

Description

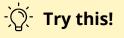
Work in team to rotate the tiles and fix the picture!

Academic development	
Physical and motor development	Manipulation
Socio-cognitive development	Emotionnal regulation Task engagement

How to play

Throw the ball at a piece of the puzzle to rotate it.

- 0–5 balls
- Pylons to mark the throwing area
- Divide students into teams
- Prepare the course ahead of time



- Create your own custom Puzz using the Lü Community.
- Select a number of puzzle pieces (4, 9, or 16) that matches the students' level.
- The screen is split in two by default.



Preschool

Create puzzles related to your classroom themes on the Lü Community.

Elementary

Create an active knowledge competition for your students. Each correct answer gives them a shot to move a piece of the puzzle. The first team to complete their puzzle wins.

Physical education

Create your own online Puzz to enhance your classic games or themes in the gym.

Succeeding in the game will give students the chance to try completing the puzzle. The first team to complete the puzzle wins.

Application overview \bigcirc





Wäk





RECOMMENDED AGE: 5+ **NUMBER OF TEAMS:** 1-2

Description

These over-trained rabbits are ready to test your speed and accuracy!

Play with shapes, colors, or even math and try to get as many correct answers as possible.

Academic development	Geometry Arithmetic
Physical and motor development	Cardiovascular endurance Speed
Socio-cognitive development	Cognitive flexibility Inhibition

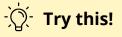
How to play

Have the students throw the balls at the correct answers to win as many points as possible.

Watch out: A wrong answer will cost you precious points!

Set-up

- 5–10 balls
- Mats to mark the throwing area



- Set a duration: 30 seconds, 45 seconds, 1 minute, or 1:30 minutes.
- Set the difficulty: easy, normal, hard, or ninja.
- **Choose the type of associations** (colors, animals, number comparisons, or mental math) based on the players' ages.
- Create your own content on the Lü Community.

DID YOU LIKE THIS APP? Try these!





Preschool

Review the association of colors and animals.

Elementary

When you see number comparisons (>, <, =, +, -), you can prepare math games with different stations for your students.

Browse our Community to discover pre-designed content to work on fractions or create your own custom content. Work on fractions between 0 and 8/8 with your students.

Application overview 💿



Düo Lüt

Brüsh



RECOMMENDED AGE: 6+ **NUMBER OF TEAMS:** 1-2

Description

Teach your patients good dental hygiene: block candies and help them remove bacteria and tartar from their mouths.

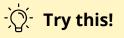
Watch out: the floss needs to reach your patient's mouth!

Academic development	Health and healthy habits
Physical and motor development	Cardiovascular endurance Speed
Socio-cognitive development	Interpersonal skills Inhibition

How to play

Remove treats, tartar, and bacteria, but don't forget to let the floss reach the patient's mouth.

- 5–10 balls
- Mats to mark the throwing area
- Prepare additional stations (if needed)



- Choose one of the 4 animal patients.
- Choose a game mode: cooperative or competitive (split screen).
- Set the difficulty: easy, normal, hard, or ninja.

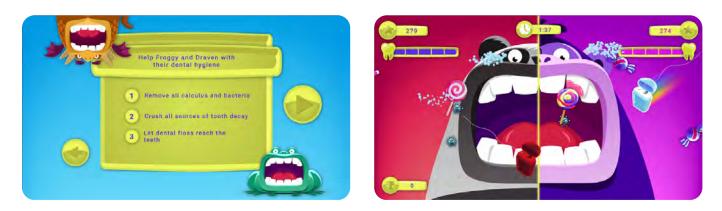




Physical education

Put your students' knowledge of good dental health to use.

Application overview \bigcirc





Minewörd





RECOMMENDED AGE: 6+ **NUMBER OF TEAMS:** 1

Description

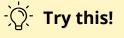
Enter the hidden world of Minewörd and learn to spell words in a whole new way! You can even make your mining experience your own by creating custom word lists on the Community.

Academic development	Writing
Physical and motor development	Manipulation
Socio-cognitive development	Interpersonal skills Inhibition

How to play

Throw the ball at the correct letter to spell the illustrated word.

- 0-5 balls
- Mats to mark the throwing area
- Prepare the course ahead of time



- Set the language.
- The letter will start moving to make spelling easier.
- You can create your own spelling lists on the Community or use the thematic lists our team has designed.



Elementary

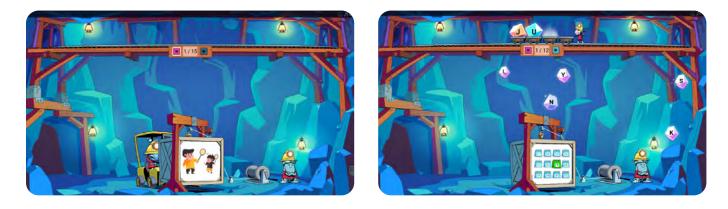
Use Mineword to get your students moving while they work on spelling.

You can choose from the thematic lists created by the Lü team or create your own.

Physical education

Use this game as the final step in a course that targets motor skills.

Application overview 👁





Newton



RECOMMENDED AGE: 6+

NUMBER OF TEAMS:2

Description

Newton is the perfect application for having fun with your teammates while doing math!

Play in score or timed mode and add mathematical operations to make the game more challenging. Two teams can face off on one wall, or four teams can face off on two.

Academic development	Arithmetic
Physical and motor development	Manipulation
Socio-cognitive development	Emotionnal regulation Inhibition

How to play

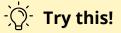
Throw the ball at the correct answers to win.

Set-up

• 0–5 balls

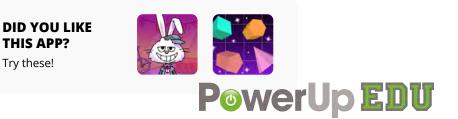
THIS APP? Try these!

- Divide students into teams
- Mats to mark the throwing area



- Create your own content online or take advantage of content from other users. Give your students anywhere from 2 to 6 answers to choose from.
- Choose how your equations are displayed.

Fixed mode: As shown on the screen. Random mode: Choose which content blocks you want to use in your gym.



Elementary

Use Newton for math workshop lessons.

The application can be customized to the equations you're teaching in class.

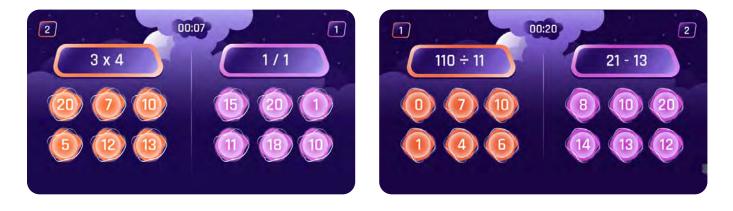
It's a great way to track students' progress!

Physical education

Newton is a fun way to combine physical activity and math.

You can create custom equations for your students and tailor the game to their needs!

Application overview 💿





Pila

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RECOMMENDED AGE: 6+ **NUMBER OF TEAMS:** 2

Description

This activity has been created to help children work logically and quickly in teams while developing their psychomotor faculties. Spatial orientation and shape recognition are at the heart of this activity.

Academic development	
Physical and motor development	Speed Manipulation
Socio-cognitive development	System thinking Task engagement

How to play

Throw the ball to crush shapes. Align three identical 2D shapes to score points.

Throw your ball at the bomb to send it to your opponent and stop it from going off!

- 5–10 balls
- Mats to mark the throwing area
- Divide students into teams



- Set a duration: 1, 2, 3, or 4 minutes.
- Set the difficulty: easy, normal, hard, or ninja.



Physical education

Start your lesson with a game of Pila as a warm-up: students can take a ball and try to score as many points as possible.

In between activities, you can have your students complete a 2-minute challenge and crown the winning team.

Application overview \bigcirc



Spörts



RECOMMENDED AGE: 6+ **NUMBER OF TEAMS:** 1-2



Description

Practice your shooting, passing and sport strategies with the goals in Spörts! The new zone mode helps you target the best attacking areas and play in goal mode for a more classic approach.

SPÖRTS features your favorite sports such as basketball, soccer (football), American football, handball and volleyball.

Academic development	Sports and games
Physical and motor development	Speed Manipulation
Socio-cognitive development	Emotionnal regulation

How to play

Spörts lets you practice technical skills for basketball, soccer, football, volleyball, and handball.

Set-up

- 5–10 balls
- Pylons to mark the throwing area
- Divide students into teams
- Prepare additional stations (if needed)



- Use **full-screen mode** to have 1 net or goal for your sport.
- Use **split-screen mode** to allow more students to play.
- Press 0 on your Lü controller to change the height and size of your goal or basket without exiting the application.
- Adjust the height and size of the goals, as well the shooting areas, to suit your students' abilities.
- Use our interactive characters as goalkeepers.

DID YOU LIKE THIS APP? Try these!

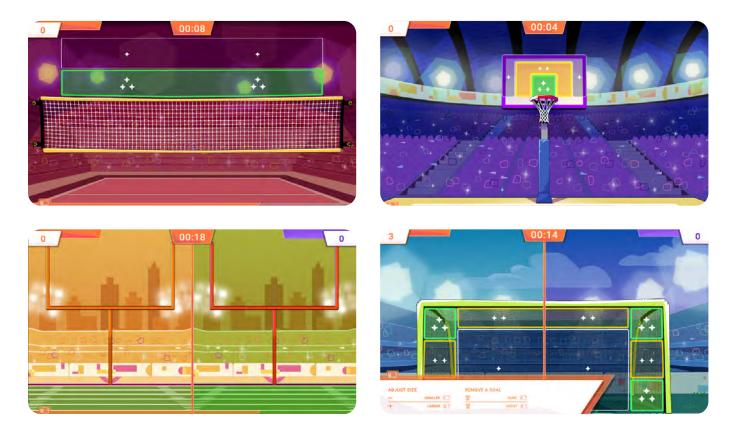




Physical education

Why not take it up a notch by adding point zones? It's a great way to practice kicking and throwing! Make the game more complex by having a student defend or tend the goal, or have the Lü characters do it and let the students play against them! *(full-screen mode only)*

Application overview 👁



Notes 🖉

PowerUp **EDU**

Düo

Twïns



RECOMMENDED AGE: 6+ **NUMBER OF TEAMS:** 2-4

Description

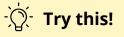
This game is all about speed, but it also encourages conscious learning by creating an environment where students can develop their coordination, their shape recognition skills, and even pick up a new language!

Academic development	Visual
Physical and motor development	Speed Manipulation
Socio-cognitive development	Cognitive flexibility Inhibition

How to play

Throw the ball to make the matches. At the beginning, players will match images, then reading will gradually be incorporated into the game.

- 0–5 balls
- Mats to mark the throwing area
- Divide students into teams



- Set the number of teams: 2 or 4.
- Set a duration: 2, 3, 5, or 10 minutes.
- Set a language.



Elementary

This application lets you work on executive functions and reading simple words with your students.

It can also be used to teach a second language.

Physical education

Use this application to combine two skills.

For example, you might decide to work on students' balance and reading skills by having them throw a ball from a beam or overturned balance bench.

Application overview \bigcirc



Düo

Wäll



RECOMMENDED AGE: 6+ **NUMBER OF TEAMS:** 1

Description

Enter the medieval world of Wäll and get your heart rate up! Have fun breaking down as many walls as possible in record time.

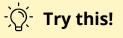
3, 2, 1... attack!

Academic development	
Physical and motor development	Cardiovascular endurance Manipulation
Socio-cognitive development	Cooperation Task engagement

How to play

Destroy the walls that appear in front of you as quickly as possible. *Keep in mind that the harder the level, the more balls will need to be thrown to break each wall.*

- 10+ balls
- Mats to mark the throwing area



- **In random mode**, you destroy the wall as fast as possible.
- **In sequence mode**, you destroy as many walls as possible within the time limit.
- Set a duration: 2, 3, 4, or 5 minutes.
- Set the difficulty: easy, normal, hard, or ninja.



Elementary

Students can always use a mental break!

Divide your group in two: Have half the students do a math activity of your choice for two minutes while the other half plays a game of Wäll. Then switch.

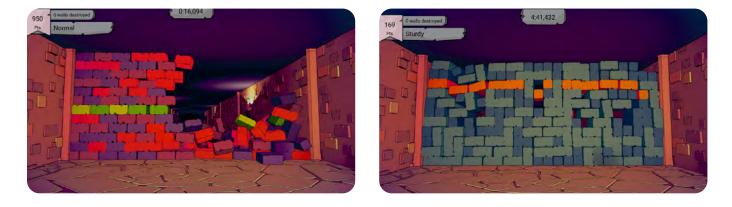
Physical education

Start your lesson with a game of Wäll.

Your students can take a ball and try to get through as many walls as possible.

Between activities, have your students complete a 2-minute challenge and see how many walls they can destroy.

Application overview 👁



SphYnX



RECOMMENDED AGE: 7+ **NUMBER OF TEAMS:** 2

Description

Journey to Ancient Egypt and hunt for the Pharaoh's lost artifacts. Which are the mirages and which are the real treasures?

Learn to read and navigate the Cartesian plane to find out!

Academic development	Geometry
Physical and motor development	Manipulation
Socio-cognitive development	Task engagement

How to play

Throw the ball to select the image that's on the right coordinates or move it to the right place.

Set-up

- 0–5 balls
- Divide students into teams
- Prepare the course ahead of time



- Number of quadrants: 1 or 4.
- Axis markers: Symbols, numbers, or blank.
- Number of targets: 1, 2, or 3 options to find the right coordinates or put the object in the right place.

DID YOU LIKE THIS APP? Try this one!





Elementary

Use SphYnX to create a math-based lesson.

It has plenty of different options, so you can tailor it to the types of planes you use in class. It's a great way to track students' progress!

Physical education

This application is perfect for creating a course that draws on different motor skills.

Application overview 👁



Phÿs



RECOMMENDED AGE: 7+ **NUMBER OF TEAMS:** 1

Description

Mozzart the mouse wants his cheese! Team up to solve physics puzzles and help him find his favorite food.

Academic development	Forces and energy
Physical and motor development	Manipulation
Socio-cognitive development	System thinking Problem solving

How to play

Throw balls around the course to move Mozzart, the cheese, or objects so the mouse can get to its favorite food.

- 0–5 balls
- Pylons to mark the throwing area





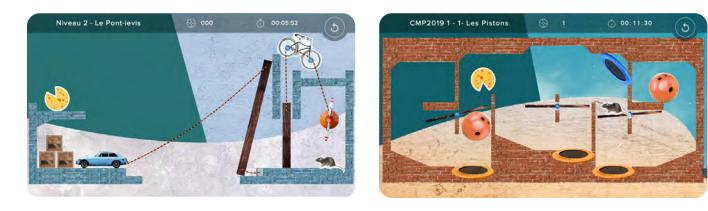
Elementary

Use this logic game to review the concepts of forces and motions with your students.

Physical education

This activity is a great way to encourage teamwork. It also calls for good communication!

Application overview 💿





Lü⁺

Pixël



RECOMMENDED AGE: 7+

NUMBER OF TEAMS: 1-2

Description

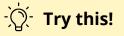
Throw a ball and create your next masterpiece in either freeplay mode or color by number.



How to play

Choose a color, then throw balls at the squares to color them like pixel art.

- 0–5 balls
- Divide students into teams



- Split the screen in half to separate the task between students.
- **Choose between** creative or coloring mode.
- Choose a time limit: 2, 2:30, 3, 3:30, or 4 minutes.





Physical education

Enjoy a break or a transition period that pairs art and physical activity.

Application overview \bigcirc







Roar



RECOMMENDED AGE: 7+ **NUMBER OF TEAMS:** 2

Description

Discover the full potential of Düo mode in this game where an eagle and a tiger face off. Be fast and agile to win!

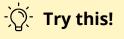
Academic development	Sports and games
Physical and motor development	Cardiovascular endurance Locomotion
Socio-cognitive development	Cooperation Emotionnal regulation

How to play

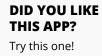
Like in handball, students advance to throw the ball at their team's target. When a player reaches the target, a special game is unlocked. All players on that team must throw balls at the targets on the screen to collect as many points as possible.

Set-up

- Mats to mark the throwing area
- Divide students into teams
- Identify teams by color
- Place a container with balls near each screen



• You must have Lü Düo to fully enjoy this game.



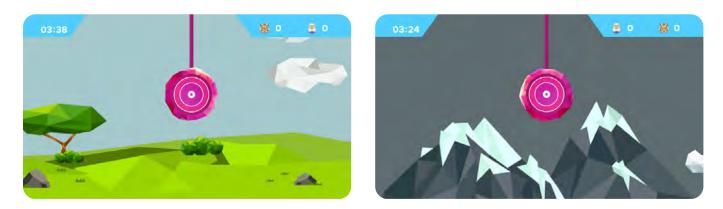




Physical education

Roar is an active ball game that allows all your students to play at the same time.

Application overview \bigcirc







Scala



RECOMMENDED AGE: 7+ **NUMBER OF TEAMS:** 2

Description

Get ready to climb! Scala is a climbing competition that combines speed, accuracy and teamwork.

Each team must climb as high as they can by jumping from one moving platform to the next without falling. The rumor says that it's possible to jump while already in the air!

Academic development	
Physical and motor development	Manipulation
Socio-cognitive development	Emotionnal regulation Task engagement

How to play

Throw the ball at the character to make them jump. Depending on where you throw, the character will jump in a straight line or at an angle.

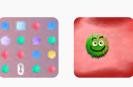
Set-up

- 0–5 balls
- Mats to mark the throwing area



- There are 3 game modes: time, score, or last person standing.
- In time mode, you set a duration: 30 seconds, 45 seconds, 1 minute, or 1:30 minutes.
- In score mode, you set a winning score: 10, 20, 30, or 50 points.
- Set the difficulty: easy, normal, hard, or ninja.

DID YOU LIKE THIS APP? Try these!





Elementary

Students can always use a mental break! Scala is a great application for an active break.

Physical education

Start your lesson with a game of Scala so your students can warm up by climbing the levels.

Have students stand in a hoop and throw the ball in a squat position to build muscular endurance.

Application overview \bigcirc





Shäpes



RECOMMENDED AGE: 7+ **NUMBER OF TEAMS:** 2

Description

Enter the Shäpes arena and practice matching solid shapes to their 2D nets.

Engage in a competitive face-off by sending the right solid shapes into the other team's goal while defending your own goal!

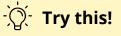
Academic development	Sports and games Geometry
Physical and motor development	Cardiovascular endurance Speed
Socio-cognitive development	Cognitive flexibility Inhibition

How to play

Score a goal by shooting the right solid into the opponent's net. The development (2D form) of the solid to be moved is shown at the top of the screen.

Set-up

- 0–5 balls
- Pylons to mark the throwing area
- Divide students into teams



- By pressing **0** on your keyboard remote, you can change shape sizes and other settings during the game.
- Select the plane figures that will form the solids shown.
- Select a duration or a number of points for the game.



Elementary

This application lets you put your students' geometry and solid development skills to the test.

The different levels allow you to select solids that match your curriculum.

Level 1

Pyramids with a triangular or square base, prisms with a triangular or square base, cubes;

Level 2

Cylinders, cones, pyramids with a pentagonal base, prisms with a pentagonal base;

Level 3

Prisms with a hexagonal or octagonal base, pyramids with a hexagonal or octagonal base.

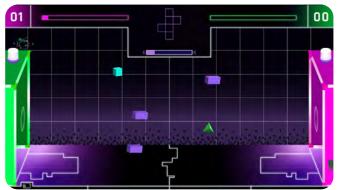
Physical education

Use the application to work on different positions (attacker, defender, and goalie). Place three students on each side of the screen.

The goal is to throw the ball to move the shapes into the opponent's goal while trying to protect your own goal.

Application overview 💿





Störia





RECOMMENDED AGE: 7+ **NUMBER OF TEAMS:** 1

Description

Help our robots put sequences of events in order by combining images, descriptions and dates.

Get ready, the machines are starting up!

Academic development	At your choice
Physical and motor development	Manipulation
Socio-cognitive development	System thinking Inhibition

How to play

Stage 1

Match the picture with its description by throwing the ball at the correct monitor when the capsule passes underneath.

Stage 2

Move the images up to the correct dates by throwing the ball at the cranks. (**Be careful**, the images can move back down after they've been placed!).

Stage 3

Send the images into the correct pipes by throwing the balls at the cranks to the right and left of the screen to move them sideways, then at the cranks under the images to drop them into the pipe.

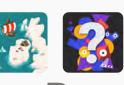
Set-up

- 0–5 balls
- Pylons to mark the throwing area



- Use existing content on our Community or create your own curriculum-specific content.
- Start with short sequences of 3 items to learn how the game works.

DID YOU LIKE THIS APP? Try these!





Elementary

This application is a unique way to review any content that can be presented as a sequence.

Enjoy existing content on our Community or create your own curriculum-specific content.

Application overview \bigcirc



Germ



RECOMMENDED AGE: 8+ **NUMBER OF TEAMS:** 2

Description

Defend yourself against the virus! Use the special attack at the right time when it's available!

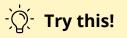
Sports and games
Cardiovascular endurance Speed
Cognitive flexibility Task engagement

How to play

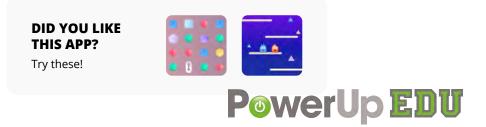
Throw the ball to direct the bacteria towards your opponents' goal or use your throw to protect your goal.

Set-up

- 0–5 balls
- Mats to mark the throwing area
- Divide students into teams
- Identify teams by color



• Set a score: 3, 5, 7, or 9 points.

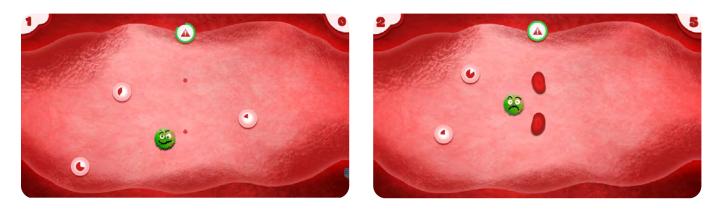


Physical education

Place three students on each side of the screen to practice the different positions (attacker, defender, and goalkeeper) with this application.

We recommend having students change roles each game.

Application overview \bigcirc



Grüb





RECOMMENDED AGE: 8+ **NUMBER OF TEAMS:** 2-4

Description

Collect the necessary ingredients for a well-balanced meal. Watch out for the bins though—they'll try to slow you down!

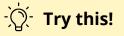
Academic development	Health and healthy habits
Physical and motor development	Manipulation
Socio-cognitive development	Emotionnal regulation Cognitive flexibility

How to play

Throw the ball at the directional arrows to move your character towards the healthy foods.

Set-up

- 0–5 balls
- Pylons to mark the throwing area
- Divide students into teams



- Select the number of teams: 2, 3, or 4
- Set the difficulty: easy, normal, hard, or ninja.

DID YOU LIKE THIS APP? Try this one!





Physical education

Put your students' knowledge of good food choices to the test.

Work on planning and teamwork by having students chart an effective path for their character.

Application overview 👁



Jam



RECOMMENDED AGE: 8+ **NUMBER OF TEAMS:** 1

Description

Immerse yourself in the world of Jam, where music gives life to a colorful land-scape!

Discover the four sound environments in creation mode or take up the challenge of replicating our compositions which increase in complexity at each level.

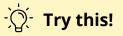
Academic development	Music
Physical and motor development	Manipulation
Socio-cognitive development	Creativity

How to play

Throw the ball at the dots or discs to add sound effects.

Set-up

- 10+ balls
- Mats to mark the throwing area



- In **creative mode**, have fun inventing your own melodies.
- In game mode, test your skills by reproducing the melodies our team has invented.



Physical education

Enjoy a break or a transition period that pairs music and physical activity.

Application overview \bigcirc





Lü⁺

Lüvia



RECOMMENDED AGE: 8+ NUMBEI

NUMBER OF TEAMS: 2-4

Description

Dive into the world of Lüvia and let your knowledge shine! Compete alone or in teams to crown a quiz champion!

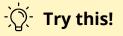
Academic development	At your choice
Physical and motor development	Speed Manipulation
Socio-cognitive development	Emotionnal regulation Inhibition

How to play

Throw the ball at the correct answers to win.

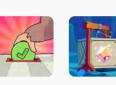
Set-up

- 0–5 balls
- Pylons to mark the throwing area
- Divide students into teams



- Lüvia's content can be adapted to all curricular competencies.
- Select the number of teams: 2, 3, or 4.
- Set the difficulty: easy, normal, hard, or ninja.
- Try the different visuals before playing or press the space bar to pause the game so you can understand the mechanics.

DID YOU LIKE THIS APP? Try these!







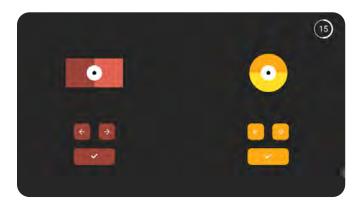
Elementary

Adapt the content you teach your students on the Lü Community for an active review session!

Physical education

With this application, you can make the **"knowl-edge"** part of your physical education classes come alive!

Application overview 💿





Vïka



RECOMMENDED AGE: 8+ **NUMBER OF TEAMS:** 2

Description

The Kraken is terrorizing villagers around the kingdom of Vika.

Answer questions to sail around the kingdom and keep the villages safe, but beware of the Kraken's attacks!

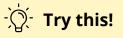
Academic development	Arithmetic Geography
Physical and motor development	Speed Manipulation
Socio-cognitive development	Interpersonal skills Inhibition

How to play

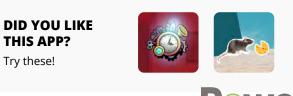
Turn your ball into wind that propels your boat to a port.

Set-up

- 0-5 balls
- Mats to mark the throwing area
- Divide students into teams
- Identify teams by color.



• Choose general knowledge questions on the following topics: math, geography, science, and sports.







Elementary

Invite your students to a play period that tests their general knowledge.

Physical education

Encourage teamwork and communication.

Application overview \bigcirc





Bülle





RECOMMENDED AGE: 9+ **NUMBER OF TEAMS:** 1-4

1.9+ NOWBER OF TEAMS.

Description

Alone or in teams, work on your sustained attention and focus by reproducing the chosen patterns using the different colors.

Take your time to make the right choices and go with the bubble flow!

Academic development	
Physical and motor development	Manipulation
Socio-cognitive development	Inhibition

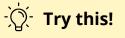
How to play

Complete the patterns with the colored bubbles. First, look at the color of the bubble at the top, then throw the ball at the number that matches the column with a box of the same color.

Finally, throw the ball at the "air" icon to propel the colored bubble to the right place.

Set-up

- 0–5 balls
- Divide your students into teams of 3-4



- Press 0 on your keyboard remote to change the pattern before or after the game!
- Use the full screen or split screen as needed.





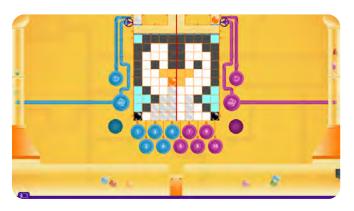
Elementary

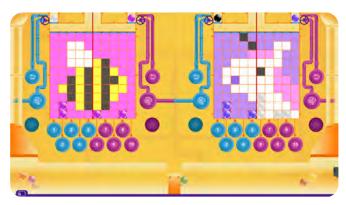
This application was created to work on focus. Students can complete the patterns in teams.

Physical education

This application is a great way to create a course that draws on different motor skills.

Application overview \bigcirc





Lëaf



RECOMMENDED AGE: 10+

NUMBER OF TEAMS: 1

Description

It takes teamwork to grow this sapling into a majestic tree! Make the magic happen by collecting the elements needed for photosynthesis.

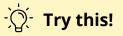
Academic development	Living universe
Physical and motor development	Manipulation
Socio-cognitive development	Interpersonal skills

How to play

Throw balls at the light, water, and carbon dioxide to grow a tree.

Set-up

- 10+ balls
- Pylons to mark the throwing area



- Set the duration: 1, 1:30, 2, 2:30, or 3 minutes.
- Set the difficulty: easy, normal, hard, or ninja.









Elementary

Actively review these botanical concepts, which can be very abstract for students.

Physical education

Between activities or at the end of a class, ask your students to complete a 1–2-minute challenge and see how many trees they can grow.

Application overview \bigcirc







Constello

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RECOMMENDED AGE: 10+ **NUMBER OF TEAMS:** 1

Description

Will you be able to place the stars at the right place on the Cartesian plane?



How to play

Throw the ball at the point representing the coordinate at the top of the screen. Correct answers will make a star appear.

Set-up

- 0–5 balls
- Pylons to mark the throwing area
- Prepare the course

DID YOU LIKE THIS APP? Try this one!





Elementary

After marking all of the points on the screen, students can get to know the names of the constellations and their shapes in the sky.

Physical education

This application is made for reviewing (unnumbered) Cartesian planes with older students.

Take advantage of this timer-free application to work on throwing accuracy after a lesson on motor skills.

Application overview \bigcirc



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Swët



RECOMMENDED AGE: 10+ **NUMBER OF TEAMS:**3

Description

Each player occupies a column.

Standing 2 meters from the screen, throw the ball as high as you can to score the most points.

Academic development	
Physical and motor development	Muscular stamina Manipulation
Socio-cognitive development	Task engagement

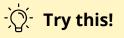
How to play

Get the most points within a time limit or reach a score as quickly as possible.

Set-up

- 0–5 balls
- Mats to mark the throwing area
- Divide students into teams
- Prepare the course

Try these!



- Set a duration: 30 seconds to 1:30 minutes
- Set a score: 50, 100, 150 or 200 points.



Elementary

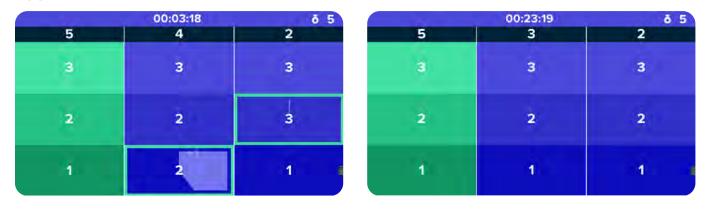
Suggestion: work on math skills by asking your students to skip count and call out the next number before they throw.

Physical education

Play this activity with heavier balls to work on upper-body strength.

You can also create a game to work on school subjects while developing your students' motor skills.

Application overview \bigcirc



Annex 🖉

Socio-cognitive development

System thinking

Understanding how an entire system works; how an action, change, or malfunction in one part of the system affects the rest of the system adopting a "big picture" perspective. This includes decision-making and situation analysis as well as abstract reasoning about how the different elements of a situation interact.

Problem solving

Processing information to understand and resolve problem situations where a solution is not immediately obvious. This includes the willingness to engage with such situations in order to achieve one's potential as a constructive and reflective citizen.

Creativity

Thinking differently and creating new objects, ideas, and methods, resulting in the production of innovative products, services, or processes that are both novel and potentially useful.

Interpersonal skills

Using direct or incidental behaviors that allow effective teamwork, sustained collaboration, and a high level of motivation during the completion of a shared task. Acquiring skills that allow oneself to nurture an interpersonal connection with others.

Cooperation

Using teamwork effectively, recognizing which tasks can be done more effectively by means of teamwork. Assessing one's participation and that of peers in the team's work. Identifying factors that facilitated or hindered cooperation. Identifying desirable improvements for one's participation in the next shared task.

Emotional regulation

Using extrinsic and intrinsic processes to monitor, evaluate, and modify emotional reactions—especially intensity and temporal features—in order to accomplish one's goals.

Cognitive flexibility

Switching between mental sets or tasks, involving in engagement with and disengagement from different aspects within an activity.

Inhibition

Deliberately suppressing dominant, automatic, or prepotent responses in favor of those that are more goal-appropriate.

Task engagement

Actively and positively participating in classroom activities (i.e. by being attentive and persistent while demonstrating a desire to learn) in a manner suitable for the task.

Physical and motor development

Cardiovascular endurance

Cardiovascular endurance is the ability to sustain a moderate effort involving all the muscles for a certain period of time.

Muscular stamina

Muscular stamina includes muscular strength (tension against resistance), muscular endurance (repetition against a given resistance and period of time) and muscular power (product of strength and speed to make an explosive movement as quickly as possible).



Annex 🖉

Speed

Combination of reaction time and movement time. Speed can depend on reaction time, the maximum speed of travel, and the maintenance of this speed.

Coordination

The ability to synchronize complex movements that involve multiple body parts in a precise, controlled, and harmonious manner.

Locomotion

Walk, run, step over, jump, hop, gallop, do side steps, climb.

Manipulation

Throw, kick (ball), kick, hit (hand), hit (stick), dribble, roll, catch, block with the foot.

Proprioception

Among others, proprioception provides information on the speed and range of motion. It plays an essential role in body mapping, the ability to sense the body in space, and multisensory perception.

Academic development

Movement

Knowledge related to movement includes movement composition, meaning a sequence of movements, the use of space, and the control of the body.

Health and healthy living

Knowledge related to health and healthy living includes understanding the body's parts and their function, the elements of good physical and mental health, the principles of good nutrition, the food groups and nutrients, the building blocks of a healthy lifestyle, and the benefits of healthy habits such as physical activity and relaxation.

Physical activity and fitness

Knowledge related to physical activity and fitness includes concepts such as: principles of exercise, body structure, first aid, the determinants of fitness and their impact on health and wellness, and safe practices.

Sports and games

Knowledge of sports and games includes understanding the challenges of a given sport or game, knowing rules and their importance, identifying game strategies, recognizing roles on a team, and understanding all aspects of sports ethics.

Visualization

Visualization and presentation are fundamental processes that are historically and universally powerful and meaningful. The processes of reception (visualization) and expression (presentation) are linked; they feed into each other to grow understanding.

They allow students to understand how images and language interact to convey ideas, beliefs, and values. Learning to understand and use a variety of visual texts gives students access to more sources of information and expands their ability to express themselves.



Annex 🖉

Writing

Writing is a crucial part of communication. It is an important tool for creating, analyzing, describing, expressing, and criticizing. Through writing, anyone can express their thoughts and convey them to others. Writing is also a core part of sharing one's culture. The act of writing involves multiple non-linear operations. Writers need to think, question, and doubt to put their ideas into words until they are put on the page.

Geometry

Geometry describes the limitations in space that create shapes. Understanding the interrelationships between shapes allows us to interpret, understand, and appreciate our two-dimensional (2D) and three-dimensional (3D) world.

Arithmetic

Our number system is a language for describing quantities and the relationships between them. Numbers are used to interpret information, make decisions, and solve problems.

Living universe

The study of the characteristics, systems, and behaviors of humans, other animals, and plants; the interactions and relationships between and among them, and with their environment.

Forces and energy

The study of forces and the application of scientific knowledge through inventions and machines.

The study of energy; its sources, storage, and transfer; and the work it can do.

Geography

The study of the distinctive characteristics that give a place its identity; how people change their environment and are changed by it; how people experience and represent their environment;

the impact of natural disasters on people and the built environment.

Dance

Dance is an integral part of many cultures. It plays an important role in society because it brings people and communities together. As an art form, dance explores how we express ourselves through movement.

Music

Music allows students to communicate in a way that goes beyond their oral language skills. Music delights and excites us, soothes and comforts us; music allows students to communicate in a unique way.

Visual arts

The term "visual arts" is used to describe practices that are more traditionally described in education as "art, craft, and design."





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