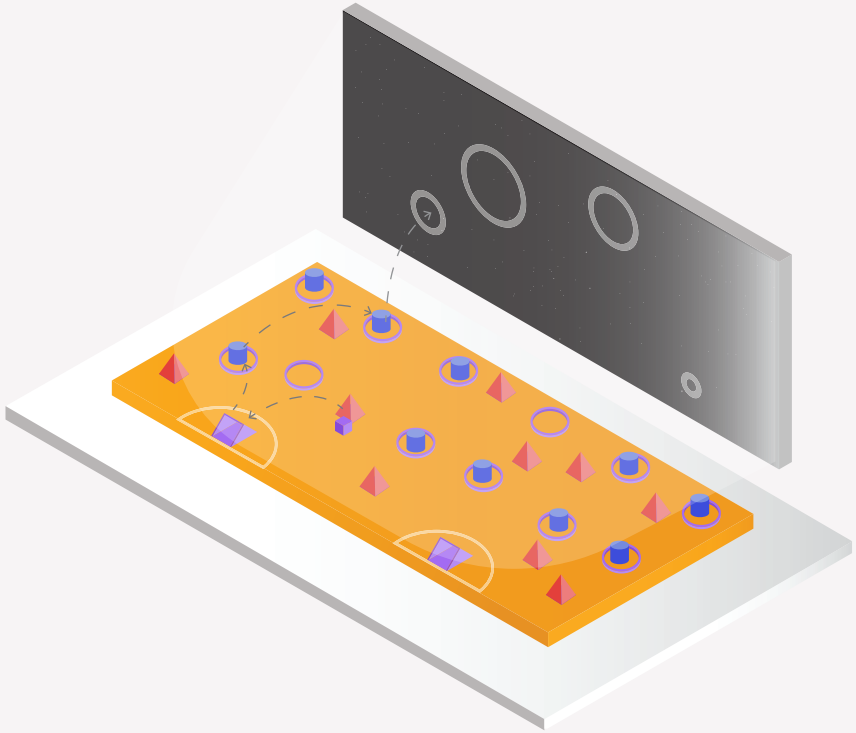
Lü



Activity Guide

Use your Lü to its full potential

Physical education | 6 to 12 years old

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01

Puzz Tag

5 years and + | 5 to 15 min. | Warm-up



Material Required

- Puzz application
- 2 x 12 bibs of different colors: 12 blue, 12 red
- 12 balls
- 2 frisbees or other objects to identify the taggers

Learning Outcomes

- Practice throwing over the shoulder accurately - see Annex
- Improve decision-making and reaction time

By importing your own images from Lü Community:

- Present different models of safe physical activity practices
- Update knowledge about different sports or athletes

Objective

- Successfully hit an opponent when you are a tagger in order to gain access to the shooting zone as quickly as possible and complete your team's puzzle before your opponents

Organization

- Divide the class into 2 equal teams in terms of both number and strength — about 12 players per team

= blue player

= red player

= red tagger

= blue tagger

How it Works

Students from both teams disperse throughout the gymnasium. The teacher appoints one tagger per team. The teacher then gives the signal to start, and everyone starts scattering.

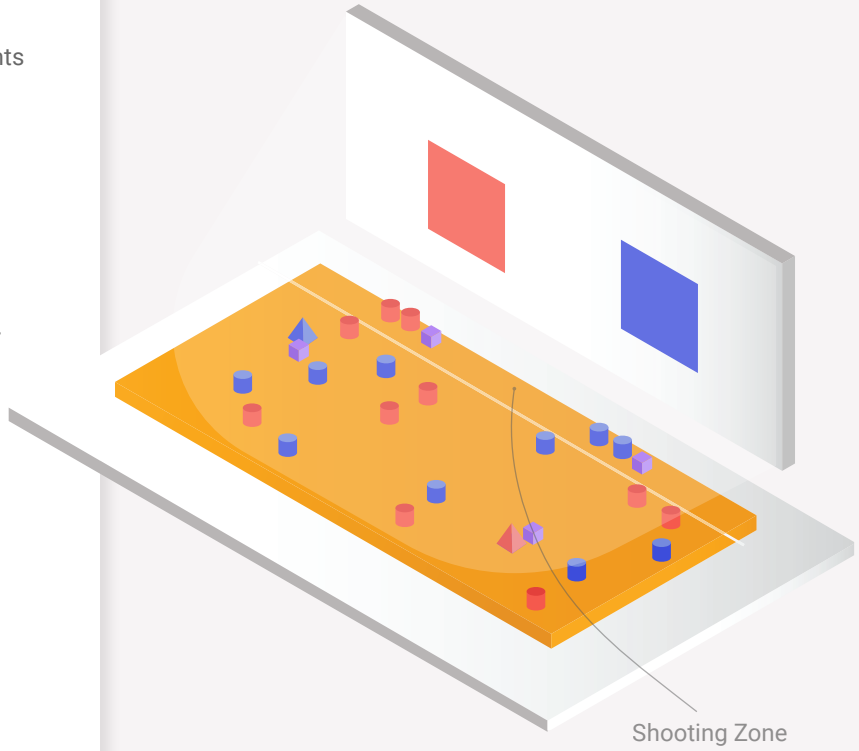
On signal, the blue tagger tries to hit a member of the red team and vice versa for the red tagger.

If the tagger is successful in hitting someone on the opposing team, they hand over the item that identifies them as the tagger to another player on their team.
The previous tagger can then access the shooting zone where they can remain until the end of the game.

There may be several shooters in the shooting area at the same time.

A tagger cannot be hit by the opposing team's tagger.

The tagged player is not penalized. Rather, the tagger is rewarded whenever they hit a person.



Legend

Representation	Blue Team	Red Team
Tagger		
Player		
Ball		

Possible Modifications

1. Allow a single shot in the shooting zone and force the tagger to return as a regular player thereafter
   For this to work, each team must have a shooter in the shooting zone at all times
2. Move the shooting zone either closer or further away from the screen
3. Require that students who have been tagged must perform a short physical “consequence”

Skills Practiced

Interaction

- Pursue an opponent in a common space (tag)
- Run to avoid an opponent in a common space

Motor skills

- Throw an object without tools
- Run quickly
- Handling actions

Evaluation Criteria

- Use of a proper throwing technique
- Quality of throws over the shoulder
- Sequence of effective movements

Observable Actions

- Aiming at the target with the opposite arm before throwing
- Positioning of the arm at 90 degrees before launching
- Continuity of the throwing motion
- Finishing the throwing motion by pointing at the target

Annex

Suggested skills to teach

Precision throwing over the shoulder

To perform it, the student must:

- Position their throwing arm at 90 degrees – their arm cocked
- Place the foot opposite the throwing arm forward
- Aim at the target with the opposite arm to the throwing arm
- Perform a continuous motion for momentum
- Release the object towards the target
- Point at the target with the hand holding the object

Throwing with force over the shoulder

To perform it, the student must:

- Perform a rapid movement
- Rotate the hips
- Follow the rotation of the hips with a rotation of the shoulders
- Finish with a shoulder rotation

02

Athletes Working Together

7 years and + | 10 min. | Warm-up
Main Session



Material Required

- Dojo application
- 13 cones
- 1 card game

Learning Outcomes

- Perform a variety of movements in a safe manner
- Work with partners to develop an action plan
- Actively engage in action

Objective

- As a team, students must carry out a number of exercises provided by the Dojo application as quickly as possible in order to be able to collect all the cards of the same suit, from Ace (1) to King

Organization

- Divide the class into 4 equal groups.
- Scatter 13 cones in the game zone behind the exercise zone
- Delimit an exercise zone where the teams gather to face the screen and a game zone where the cones will be scattered
- Mix all the cards of the same number and place them under the same cone

How it Works

At the starting signal, one student from each team runs across to the screen to launch the exercise selection provided by Dojo.

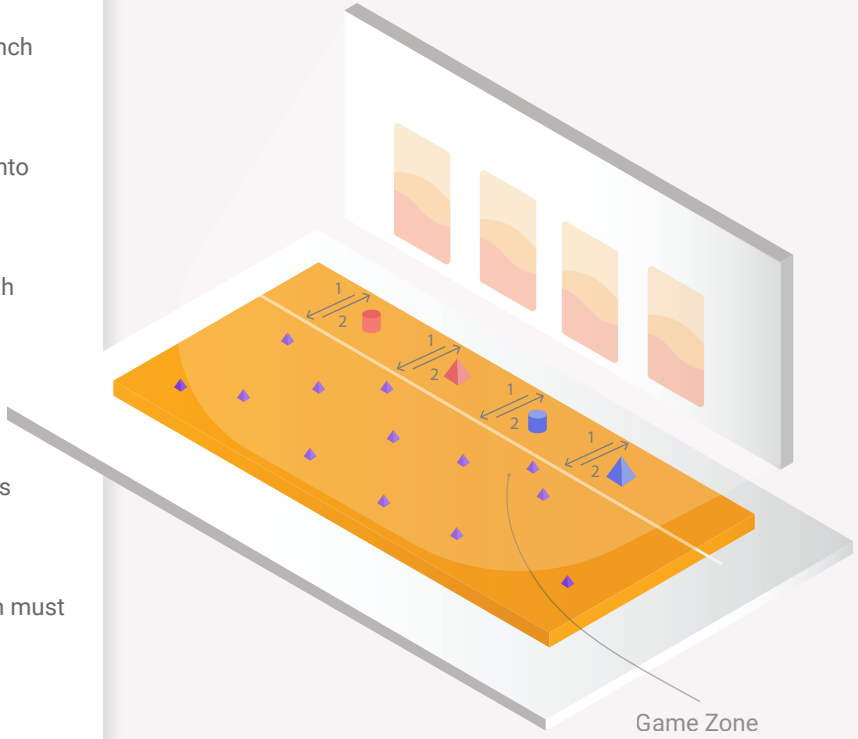
After launching the application by tapping on the screen, the student can then run into the game area and lift a first cone to find out which card is hidden under it.

If they find the desired card under the chosen cone in the right order (must start with the Ace), they can return the card to their team.

Be careful, the order must be respected; the team must first find the Ace before taking any other cards. If the player has not found the correct card, they must remember the number and must return to the exercise zone with the other members of their team.

In order for the next player to get a turn in the playing area, all members of the team must complete the exercise assigned to their team by Dojo.

Only one player per team at a time is allowed in the game zone.



Legend

Representation	
Team A (Hearts)	
Team B (Diamonds)	
Team C (Clubs)	
Team D (Spades)	
Cone	

Possible Modifications

1. Allow a new player into the game area as soon as the team has completed the exercise
2. Move the cones away and enlarge the game area
3. Add the Jokers and require that the team must complete 5 exercises before they can return to the game area if they uncover a Joker
4. Require different types of movements in the game area: single-leg jump, frog jump, walk like a crab, lunges, etc.

Skills Practiced

Interaction

- Synchronize movements or motor skills with one or more partners
- Cooperate for a common goal (develop an action plan)
- Adapt movements according to the observations from the environment or clues providing by other players (opponents and teammates)

Active lifestyle

- Developing good lifestyle habits:
  - Work on cardiovascular endurance
  - Work on flexibility
  - Work on muscle strength
- Safe practice of physical activities:
  - Recognize the different components and benefits of warming up:
    - Increase in body temperature
    - Preparation of muscles for more intense activity

Evaluation Criteria

- Use of different principles and modes of communication
- Make the right choice of movement according to the common goal to be achieved
- Perform the various movements safely

Observable Actions

- Establish visual contact with their partners
- Communicate information to partners in order to save time
- Move quickly to the right place according to the information received from partners
- Heed instructions on the safe execution of each movement

03

Parkour

8 years and + | 2 to 3 min. | Warm-up
Main Session



Material Required

- Relé application
- Cones, hoops, trestles, benches
- Bibs to identify the different teams

Learning Outcomes

- Work on different locomotor actions
- Move across equipment with higher or lower surfaces
- Climb higher or lower equipment
- Avoid and cross over obstacles
- Find different ways to maintain balance while moving
- Reach a specific drop point
- Work on projecting objects without tools

Objective

- In the format of a relay race, all students on each team must navigate an obstacle course as quickly as possible that requires jumps, balanced crossings, speed and agility

Organization

- Divide the group into 4 teams of 5 participants
- Create columns for each team
- Create a similar level course for each team
- Place an object or a line to mark the relay's starting point