

Move Your Body 1.0

Students' Project Specifications

Design an e-book with educative physical exercises to keep students moving during the day!



Overview:

The “MoveYourBody” project aims to incorporate physical activity into the daily routines of students to enhance their learning experience and overall well-being. By integrating short, engaging exercises into the school day, the project seeks to combat sedentary behavior and promote active lifestyles among students. The project will consist of several phases, each designed to develop, implement, and evaluate the effectiveness of the program.



Learning objectives:

Throughout this project, you will be able to:

- Acquire teamwork skills and develop your sense of collaboration.
- Work on a one-term project comprising four SDG goals.
- Identify problems in your community and find solutions.
- Develop critical thinking, decision making and social awareness skills.
- Enhance communication, presentation, and writing skills.
- Build a healthy lifestyle.

The project is composed of 6 phases:

Phase 1: Project Planning and Research

- Students conduct research on effective methods for integrating physical activity into the school day and its impact on learning.
- Students identify target audience preferences and needs through preparing surveys or interviews.
- Develop a detailed project plan outlining timelines, resources, and members' responsibilities/tasks.

Phase 2: E-Book Development

- Collaborate with physical education specialists (Gym coaches) to design a comprehensive curriculum of physical exercises suitable for students. (Length 25-30 pages)
- Ensure exercises are age-appropriate, diverse, and aligned with learning objectives.
- Create a structured outline for the e-book, organizing exercises into the categories mentioned at the end.

Phase 3: Content Creation

- Create engaging content for the e-book.
- Write clear and concise instructions for each exercise, including variations and modifications.
- Design visually appealing layouts and graphics to enhance comprehension and engagement.
- Develop supplementary materials such as video demonstrations or printable resources.

Phase 4: Review and Feedback

- Conduct internal reviews of the e-book content for accuracy, clarity, and effectiveness.
- Seek feedback from teachers, classmates, and other specialists on the usability and relevance of the exercises.

Phase 5: Formatting and Design

- Finalize the layout and design of the e-book, ensuring consistency and accessibility.
- Optimize images and graphics for digital viewing on various devices.
- Create an interactive table of contents and navigation features for easy access to content.

Phase 6: Publication and Distribution

- Publish the final version of the e-book in digital format, ensuring compatibility with popular e-reader devices and platforms.
- Develop a distribution strategy to make the e-book accessible to educators, schools, and educational organizations.
- Promote the E-book through online channels, social media, and professional networks to reach a wider audience.

Project Schedule:

Week 4	Week 7	Week 9	Week 12
<u>Group formation</u> 5 or 6 per group (both genders) <u>Tasks distribution</u> *Discuss the tasks, understand the requirements of each part and decide unanimously on the content for an optimal full body workout.	<u>Follow Up Content</u> In groups, you are invited to present the first draft of your work. Both individual and group marks will be awarded for this	<u>Follow Up Design</u> In this week, you are invited to present the pre-finished design of your e-book from	<u>Final E-book Evaluation</u> All e-books must be published online, and you should email the link to your teachers, ideally 24 hours before the final evaluation.

<p>*Every group member is going to work on one single part as indicated in the tasks' distribution sheet.</p> <p><u>Research & Planning</u></p> <p>*In groups, create an online survey and share it with your community. Your survey should highlight students' fitness habits, preferences, and challenges. You can create this survey using online tools such as Google Forms, SurveyMonkey, or TypeForm, which allow for easy distribution and data collection. Be sure to make the survey anonymous to encourage honest responses.</p> <p>*Once the survey responses are collected, analyze the data to identify trends, common challenges, and areas where students may need more support.</p> <p>*A bonus will be given to the groups that make a positive impact during the project session and manages to finish the first challenge.</p>	<p>assignment. You are also requested to answer the teacher's questions. Make sure to review your part of the e-book to persuade your teacher with your perspective.</p>	<p>front page to back page.</p> <p>For this assignment, you will be evaluated with both individual and group marks, focusing on the quality of the designs you are developing.</p> <p>In this stage, you will have to respond to the teacher's questions as well as take his/her feedback into account.</p>	<p>Since we are using Blackboard this year, it is highly required that you submit the link to your e-book in the assigned slot.</p> <p>You will present the final version of your e-book as a group, incorporating any necessary revisions.</p> <p>At this stage, you will receive two grades: a group mark for the overall design of the e-book, and an individual mark evaluating your communication and presentation skills, as well as your contributions to the project.</p>
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All E-books must follow the outline below:

Section 1: Warm-Up (5-10 minutes)

Step 1: Light cardio

Step 2: Dynamic stretches

Section 2: Main Workout (20-30 minutes)

Step 1: Cardio (10-15 minutes)

Step 2: Strength Training (10-15 minutes)

Section 3: Cool Down (5-10 minutes)

Step 1: Light cardio

Step 2: Static stretching

The following suggestions serve ONLY as a reference sample.

I. Warm UP

1. Light Cardio:

Suggested activities:

- Include a variety of light cardio exercises like brisk walking, jogging, or jumping jacks.

2. Dynamic Stretches:

Suggested activities:

- Provide a list of dynamic stretches like leg swings, arm circles, and lunges.

TIPS:

**Include visuals or links to videos demonstrating proper form.*

**Offer tips on what to focus on (smooth movements, controlled pace) and what to avoid (jerky motions, overstretching).*

II. Main workout

1. Cardio:

Suggested activities:

- Include exercises like running, cycling, swimming, and aerobic classes.

2. Strength training:

Suggested activities:

- Suggest a mix of bodyweight exercises (push-ups, squats) and weight training (dumbbells, resistance bands).

TIPS:

**Include Tips on how to gradually increase weights or resistance & recommendations for rest days and post-workout nutrition to support muscle recovery.*

**Include sample weekly cardio workout plans (e.g., beginner, intermediate).*

**Add a blank progress tracker chart for readers to fill in their daily cardio activity.*

III. Cool down:

1. Light cardio:

Suggested activities:

- Suggest simple activities like walking, low-impact aerobics ...

2. Static stretches :

Suggested activities:

- Include the easiest but most efficient stretches such as Shoulder stretch, cat cow stretch, child's pose...

TIPS:

**Encourage readers to gradually reduce the intensity of their activity (e.g., slow walking) to help their heart rate return to normal.*

**Incorporate deep breathing exercises to promote relaxation and oxygenate the body.*