

Planet Ziuuu

Ziuuu and the body
is moving!





The Planet Ziuuu contains 10 interactive activities designed to release motor energy through games and exercises with music based on a child's natural need to move. Exercises involve the mind and body, fitness training, and relaxation

~~exercises. Through movement combined with sound stimuli, they improve motor coordination, exercise balance, strengthen body awareness, and correct posture.~~

The proposed physical exercises develop speed and reflexes, precision of movement, build fitness and endurance, and stretch muscles. Meditation and breathing practice teaches in turn, relaxation, calmness, reduces stress and increases concentration.



Knowla's apps are dedicated to children from the age of 3.

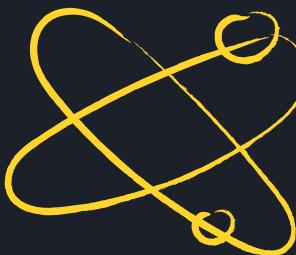
The Planet Ziuuu apps include difficulty levels:

- **level 1: 3 - 4 years,**
- **level 2: 5 - 6 years**
- **level 3: 7 - 10+ years**



The age of use shown is only suggested. Each activity and its level should be selected according to the student's abilities and special educational needs (whether levelling or developing talents).

Planet Ziuuu in the Educational Universe



09:47

Knowla.edu

Planet Ziuuu

MANUAL

The Planet Ziuuu contains 10 interactive activities designed to release motor energy through games and exercises with music based on a child's natural need to move. Rhythmic activities include yoga, fitness training, and relaxation exercises. Through movement combined with sound stimuli, they improve motor coordination, exercise balance, strengthen body awareness, and correct posture. The proposed physical

Planet Fruu Available

Planet Ziuuu Available

Planet EduMini Available

Planet Pi Buy access

Planet M Buy access

Planet Emo Buy access



System buttons and menu view

Knowla.

Main menu - Knowla Box/Knowla Wall



return to all planets view



previous planets/apps/activities



more planets/apps/activities



move to the application search engine



go to settings: language selection, license key activation, service settings



sound on/off (turning off the sound at the planet/application selection level will turn off the sound in any subsequent active activity; turning off the sound in an activity will only be active when playing in a given activity)



move to select Knowla.fun or Knowla.edu mode



switch to windows desktop view; the application will remain active in the taskbar all the time



Main menu - Knowla Web



previous planets/apps/activities



more planets/apps/activities



return to all planets view



full screen mode/exit full screen mode



go to settings: language selection, license key activation



log in/register to Knowla Web



Menu icons in activities - legend



exiting the activity to the planet view
(application selection); any changes made will
be lost



sound on/off



next board



accessibility panel (including colour adjustment)



interactive activity guide

Successful activity



Activity list
with quantity or time

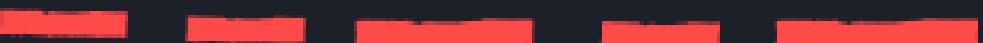




The Planet Ziuuu includes 10 app with 10 activities:

1. Exercises of mind and body 1 (5 positions of 15 seconds for 3 sets = approx. 4 minutes)
2. Exercises of mind and body 2 (5 positions of 15 seconds for 3 sets = approx. 4 minutes)
3. Exercises of mind and body 3 (5 positions of 15 seconds for 3 sets = approx. 4 minutes)
4. Fit exercises 1 (5 exercises of 15 seconds each for 3 sets = approx. 4 minutes)
5. Fit exercises 2 (5 exercises of 15 seconds each for 3 sets = approx. 4 minutes)
6. Fit exercises 3 (5 exercises of 15 seconds each for 3 sets = approx. 4 minutes)
7. Relaxation 1 (3 min)
8. Relaxation 2 (3 min)
9. Relaxation 3 (3 min)
10. Relaxation 4 (3 min)

Number of repetitions of the series - any, depending on the needs of the users



Exercises of mind and body

Ziuuutek will appear on the screen to show specific exercise items.

There are 5 different exercises in each activity.

There are 15 seconds to perform each one and they are repeated in 3 series.

Within each exercise, you have to position yourself appropriately and hold the position of the particular exercise for the rest of the time. The whole thing takes about 4 minutes.

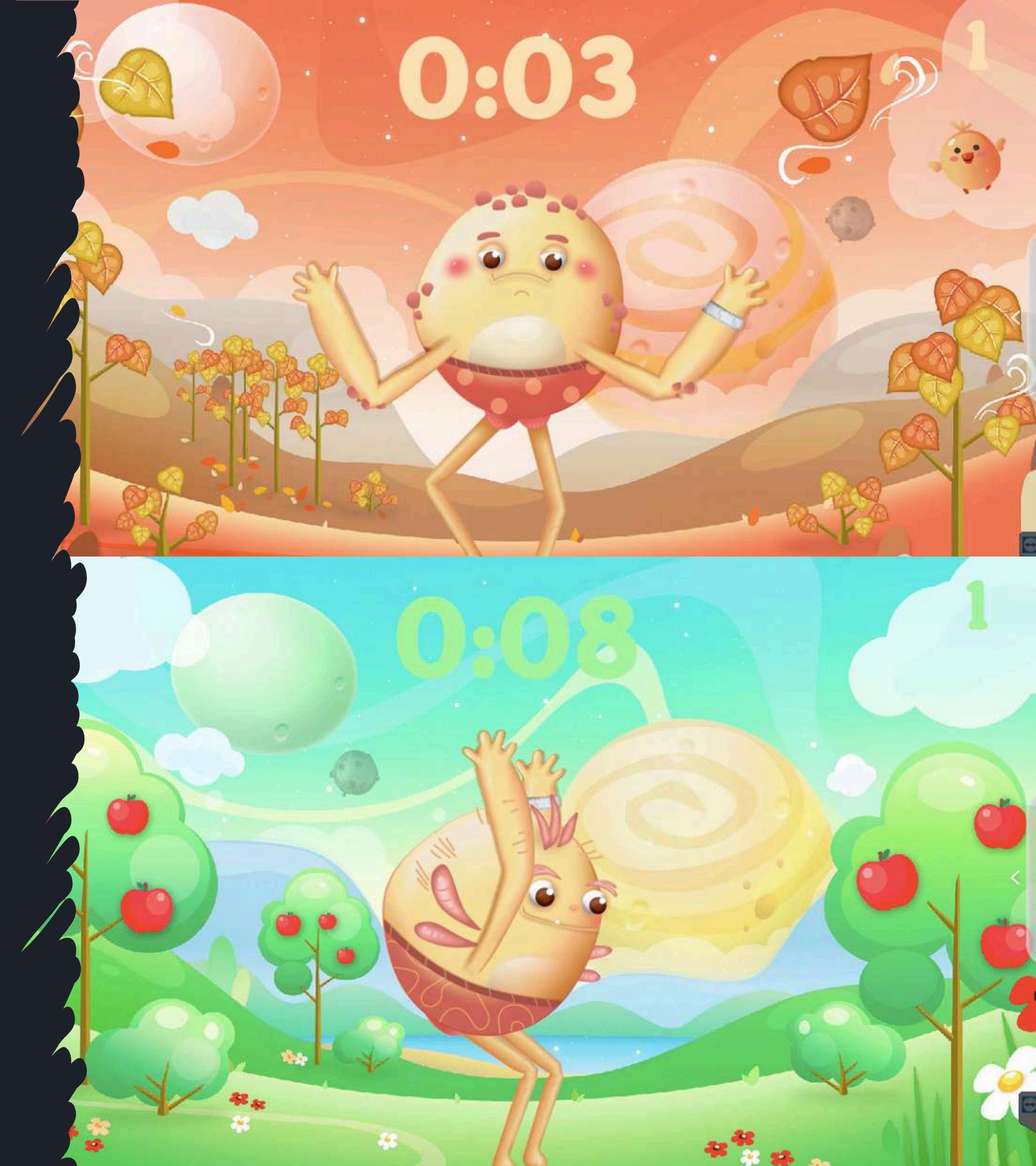
The different activities vary in exercise examples, music and scenery.

Activity in education:

This is a set of exercises designed to develop both body and mind.

Specific positions focus on stretching the appropriate muscle groups, including deep muscles, responsible for, among others, for posture or balance. You can certainly use the activity as part of PE classes. It can be especially useful at the beginning or end of classes as stretching exercises that should be present at the end of the training.

As part of the practice, items containing, among others, basic posture, legs apart, lunge, stride, one-legged stand, kneeling supported, squat supported, front support, back support, kneeling, cross-legged, crouched, straight, bends. They are also a good basis for practicing balance or awareness of the correct body posture.



Fit exercises

Ziuuutek will appear on the screen, which shows specific exercises. There are 5 different physical exercises in each activity. Each exercise has 15 seconds to perform and is repeated in 3 sets. The whole thing takes about 4 minutes. The activity will be successful after reaching its end. Individual activities differ in types of exercises, music and scenery.

Activity in education:

Fit exercises contain sets of exercises that fit into circuit training. Its main goal is to improve the condition and endurance of the body. The exercises themselves are simple and probably well known to teachers and students, and often appearing in PE classes

The training includes items such as: basic posture, legs apart, lunge, stride, one-legged stand, kneeling supported, squat supported, front support, back support, kneeling, cross-legged, crouched, straight, bends. They are also a good basis for practicing balance or awareness of the correct body posture.

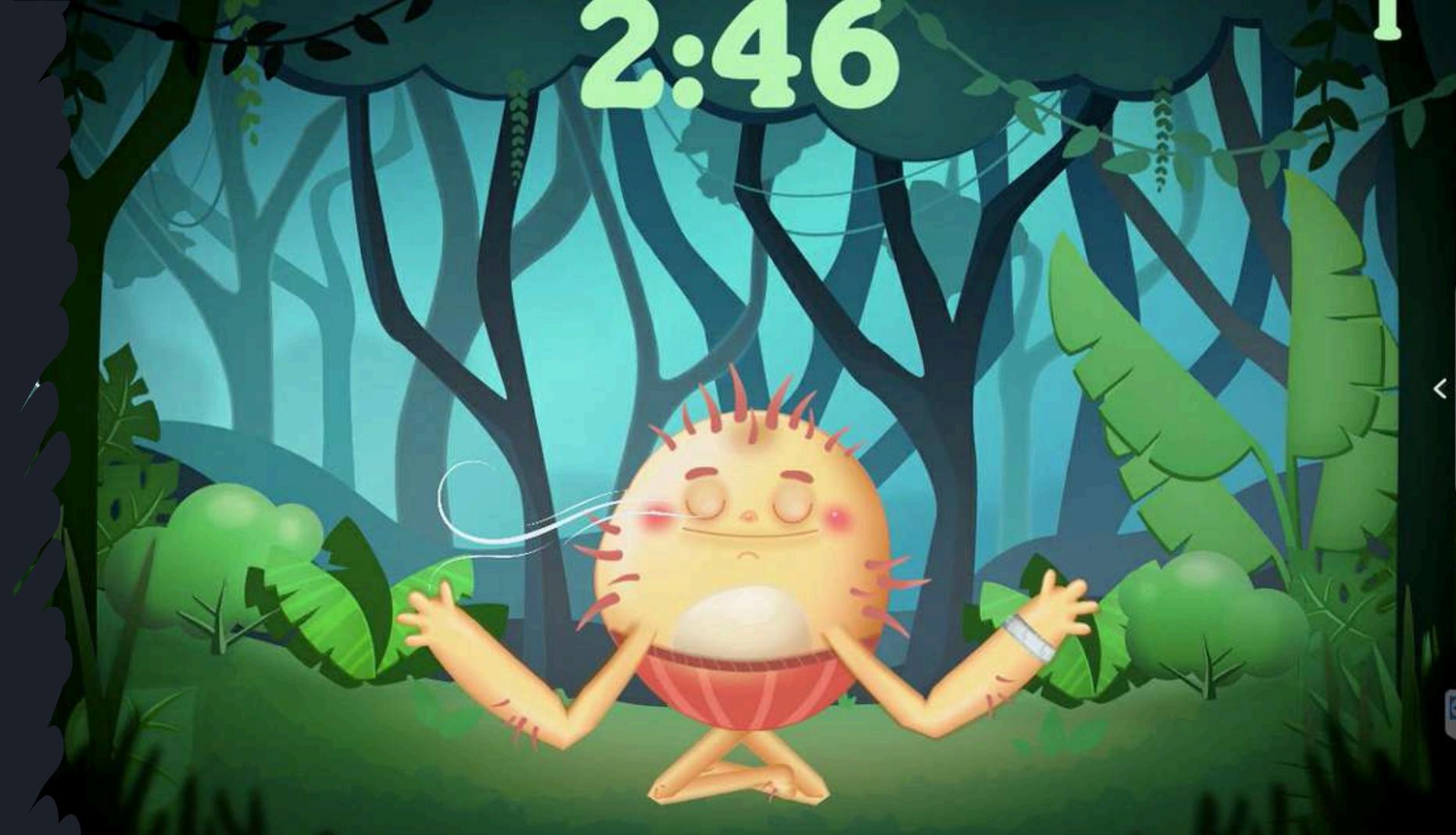


Relaxation

Ziuuutek will appear on the screen, who will sit down with his eyes closed and perform relaxing breaths. With each inhalation, the screen will darken slightly. The whole thing lasts 3 minutes. Individual activities differ in music and scenery.

Activity in education:

Activity allows you to calm down and focus by focusing on your breath and your own sensations. Breathing exercises are also useful for controlling your emotions or stress.





Planet in Education



Core Curriculum for Kindergarten

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Kindergarten tasks

- Supporting the child's multidirectional activity by organizing conditions conducive to acquiring experiences in the physical, emotional, social and cognitive area of his development.
- Supporting the child's activity that increases the level of sensory integration and the ability to use the developing cognitive processes.
- Ensuring the proper organization of conditions conducive to the acquisition of experience by children, which will enable them to continue the adaptation processes and help children who develop in a non-harmonious, slower or accelerated way.
- Creating situations conducive to the development of habits and behaviors leading to independence, care for health, mobility and safety, including safety in traffic.
- Creating educational situations that build the child's sensitivity, including aesthetic sensitivity, in relation to many spheres of human activity: speech, behaviour, movement, environment, clothing, music, dance, singing, theatre, art.



Achievements of the child at the end of pre-school education

- The physical development area of the child. A child ready to start school:
 - communicates the need for movement, rest, etc.;
 - participates in movement games, including rhythmic, musical, imitative, with or without utensils; performs various forms of movement: running, jumping, crawling, throwing;
 - performs basic exercises shaping the habit of maintaining a correct body posture;
- The emotional area of the development of the child. A child ready to start school:
 - seeks support in emotionally difficult situations; implements own strategies, supported by adults or peers;
 - notices that not all experienced emotions and feelings can be the basis for taking immediate action, controls unpleasant emotions, e.g. while waiting for one's turn in a game or other situation;
- Cognitive area of child development. A child ready to start school:
 - determines directions and fixes the position of objects in relation to one's own person as well in relation to other objects, distinguishes between left and right;
 - undertakes independent cognitive activity, e.g. watching books, developing space with own construction ideas, using modern technology, etc.;

Terms and method of implementation

- The natural areas of child development presented in the core curriculum indicate the need to respect the developmental needs typical of this period, which should be met by well-organized play, both in the kindergarten building and in the open air. The natural fun of a child is associated with improving motor skills and satisfying the need for movement, which is why the organization of outdoor activities should be an element of everyday work with a child in every age group.
- A stay in a kindergarten is a time filled with fun, which, under the supervision of specialists, creates a field of developmental experiences that build school maturity. Teachers point out the need to create appropriate movement habits in children, which will be necessary to start learning at school, as well as the role of multi-sensory cognition. Rhythmic classes, which should be conducted in every age group, and gymnastics, with particular emphasis on exercises preventing posture defects, are of particular importance for building school maturity.
- The space also includes toys and teaching aids used to motivate children to take independent action, discover phenomena and ongoing processes, consolidate the acquired knowledge and skills, and inspire them to conduct their own experiments. It is essential that every child has the opportunity to use them without unreasonable time limits.
- Elements of the space in the kindergarten are properly equipped places for resting children (deck chair, mattress, mat, pillow), as well as elements of equipment suitable for children with special educational needs.

Core Curriculum for early school grades I-III

For school tasks
in the field of early
childhood education:



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- supporting the child's multidirectional activity by organizing educational situations that enable experimentation and acquisition of experience as well as polysensory cognition, stimulating its development in all areas: physical, emotional, social and cognitive;
- ensuring the proper organization of play, learning and rest to obtain continuity of adaptation processes for all children, including those developing in a non-harmonious, slower or accelerated way;
- ensuring access to valuable sources of information and modern technologies in the context of student development;
- organization of classes
- adapted to the intellectual needs and development expectations of children, causing curiosity, amazement and joy of discovering knowledge, understanding emotions, feelings of one's own and other people, conducive to maintaining mental, physical and social health (broadly understood health education),
- supporting children's activities, developing habits and behaviors adequate to the learned values, such as: own and group safety, physical fitness, resourcefulness, independence, responsibility and a sense of duty,
- organization of educational space enabling physical and cognitive activity of children, acquisition of social skills, proper emotional development and ensuring a sense of security.



Learning objectives - general requirements

- In terms of the physical development area, the student achieves:
- motor and sensory skills that create the ability to act and communicate effectively;
- the ability to use one's own physical activity in various spheres of human activity: health, sports, defense, recreation and art;

Teaching content - detailed requirements

- Physical education.
- Achievements in maintaining personal hygiene and health. Student:
 - explains the importance of movement in the process of maintaining health;
 - prepares his body for movement in the right situations and in the right way;
 - is aware of the importance of regularity and perseverance in performing exercises;
- Achievements in motor skills. Student:
 - adopts basic exercise positions: basic stance, legs apart, lunge, stride, one-legged stand, kneel supported, squat supported, front support, back support, kneeling, cross-legged, crouched, straight;
 - performs agility exercises: bends, twist bends, rolling, crawling, pulling up,
 - performs equivalent exercises without and with accessories, e.g. on a gym bench;
 - independently performs exercises leading to the prevention of posture defects.
- IT education.
- Achievements in developing social competences. Student: works with students, exchanges ideas and experiences with them, using technology; uses the possibilities of technology to communicate in the learning process.



The planet in educational practice



Breathing relaxes the body and mind

Knowla's activity: any relaxation exercise - Planet Ziuuu

A few minutes of relaxation exercises with various music in the background.

There are several relaxation activities on Planet Ziuuu. They can be used in two ways.

As part of quieting the classroom before class, which can be useful when students are overly enthusiastic.

You can also develop a habit of temporary meditation, relaxation or breathing exercises (it doesn't matter what they are called - the methodology will be similar) before stressful events, such as first tests and exams, public appearances, etc. A few breaths will help to relax a bit, and in future may also change their attitude and the performance of similar challenges.

Asana lasts until the end

Knowla's activity: any yoga activity - Planet Ziuuu

A few seconds of asanas with various music in the background.

It is best to use this fun at the first contact with the activity. First, explain to the children what the rules are. Their task is to set in a given position as quickly as possible according to what Ziuuutek shows and to stay in it until the end of time. When a character changes position, they must also assume that position as soon as possible, and so on until the end of time. Accuracy of positioning, speed of change of position and endurance (which can be defined by staying relatively still in a given position are important. Body swings are allowed, but you cannot get out of the position itself). Whoever does not keep up the pace, assumes the wrong position or leaves it prematurely, is eliminated from further participation. If there are still a lot of participants at the end of the activity and the goal is to determine a winner, a tiebreaker can be held. Choose one from previously shown positions and see which of the students stays in it the longest. Ideally, the selected position will be one of the equivalent positions.

Before starting the game, it is worth having the teacher look at each position and try to recreate it.

Quantity and quality are at odds in the hall

Knowla's Activity: Any Fit Exercise Activity - Planet Ziuuu

A few seconds of exercise with various music in the background.

It is worth making children aware that in physical exercises both the speed of performing a given exercise and its quality are important. Therefore, the first time you ask students to do as many repetitions of a given exercise as possible. Then, after the activity is over, say that the same exercises will appear soon (you have to repeat the activity), but so that the students pay attention to how to perform the given exercises more precisely. At the same time, they can observe what muscles tense, what changes in their body. After completing the second replay of the activity, ask the group for their thoughts and make them aware that sometimes faster is not better.

It's **smart** to play. 



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