



Healthy & Learning Lifestyle

*Active Mind, Healthy Body:
Exploring Brain-Body
Connection*



Co-funded by the
Erasmus+ Programme
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Active Mind, Healthy Body: Exploring Brain-Body Connection

SHORT DESCRIPTION

This assignment combines physical education and biology to investigate the connection between physical activity and cognitive function. Pupils will utilize the Lü Playground, an interactive fitness and learning system, to engage in various physical activities that stimulate brain activity. They will explore the effects of exercise on the brain and create a presentation showcasing their findings.

PUPIL TARGET

Secondary school pupils aged 14-16.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

Basic understanding of the human brain and its functions, familiarity with the Lü Playground system, and an interest in the relationship between physical activity and cognitive performance.

**GROUP SIZE AND
WAY OF
EXECUTION**

Small groups (3-4 pupils). The assignment is executed through physical activities using the Lü Playground, research, data collection, analysis, and presentation creation.

TIMEFRAME

2-3 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

a) Introduction

Provide an overview of the assignment and its objectives. Explain the concept of the brain-body connection and the potential benefits of physical activity on cognitive function.

b) Lü Playground Exploration

Pupils engage in various physical activities using the Lü Playground system. They explore different games and exercises designed to stimulate brain activity and enhance cognitive performance.

c) Research and Data Collection

Pupils conduct research on the relationship between physical activity and brain function. They collect data on cognitive measures such as memory, attention, and problem-solving before and after engaging in the Lü Playground activities.

d) Data Analysis and Findings

Pupils analyze the collected data and draw conclusions about the effects of physical activity on cognitive function. They identify patterns, correlations, and potential mechanisms underlying the brain-body connection.

e) Presentation Creation

Pupils create a visually engaging presentation showcasing their findings. They present their data, analysis, and conclusions to the class, highlighting the potential benefits of physical activity for cognitive health.

MATERIALS NEEDED

Access to the Lü Playground system, research materials, data collection tools (e.g., surveys, cognitive tests), presentation software.

LEARNING GOALS

- Understand the brain-body connection and the impact of physical activity on cognitive function.
- Gain practical experience with the Lü Playground system and explore its potential benefits.
- Develop research and data analysis skills.
- Enhance presentation and communication skills.

SCHOOL SUBJECTS COVERED

Physical Education, Biology.

HASHTAGS

#BrainBodyConnection #ActiveMindHealthyBody
#LüPlayground





FOLLOW-UP ASSIGNMENT

Brain-Boosting Fitness Challenge

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online collaborative session, secondary school pupils from different countries come together to design a brain-boosting fitness challenge for their peers. Building on the "Active Mind, Healthy Body: Exploring Brain-Body Connection" assignment, participants will share their findings, exchange ideas, and create a collaborative fitness challenge that combines physical activity and cognitive stimulation.

ORGANISATION AND WAY OF EXECUTION

Participants will be divided into small groups comprising individuals from different countries. Using online collaboration tools, they will discuss their findings, brainstorm fitness activities that engage the brain, and develop a collaborative fitness challenge plan. Each group will present their fitness challenge to the whole group for feedback and suggestions.

LEARNING GOALS

- Foster cross-cultural understanding and collaboration on brain-boosting fitness activities.
- Apply research findings on the brain-body connection to practical challenges.
- Enhance teamwork and communication skills in a multicultural setting.
- Promote physical activity and cognitive stimulation





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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



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