



ACTIVE
KIDS

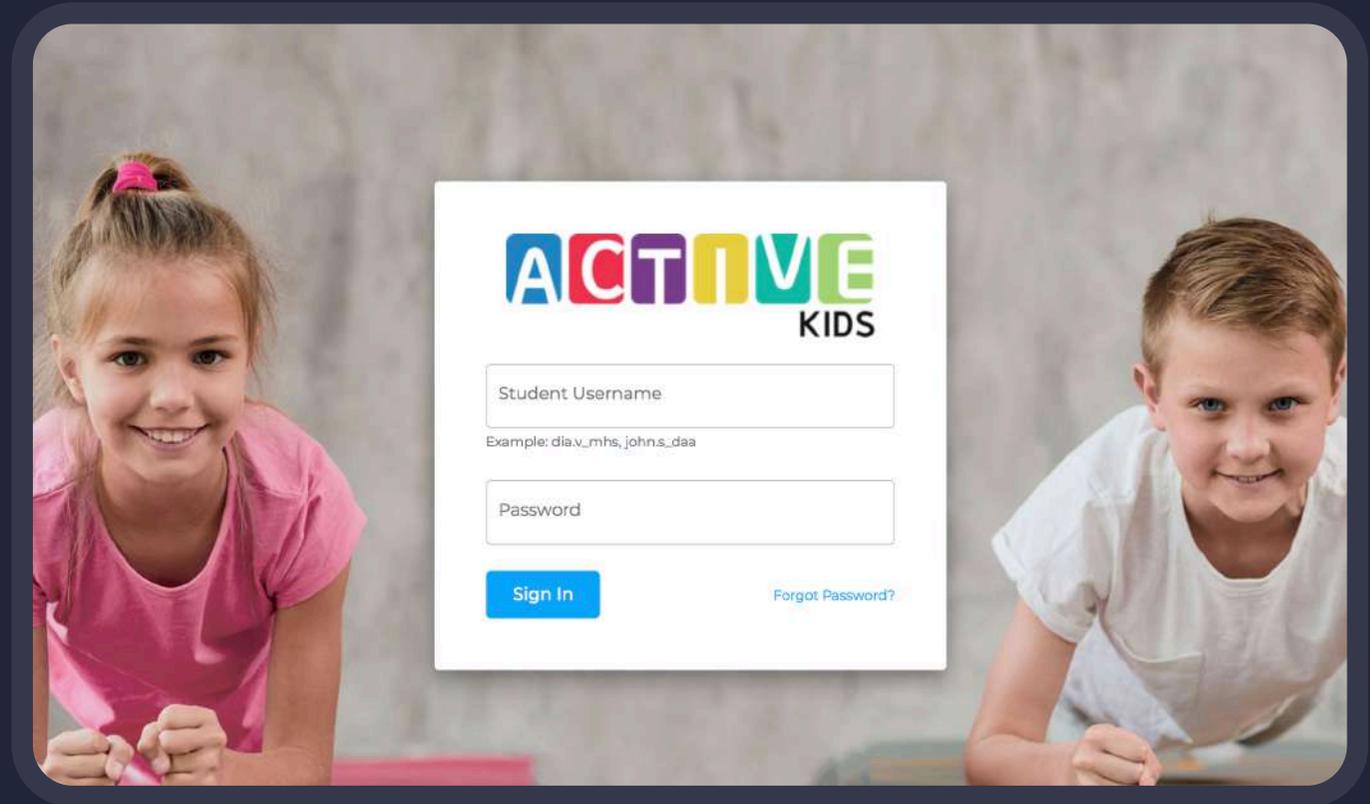
USER WALK THROUGH

01

Login to Active Kids using existing credentials that the GEMS students use to access Phoenix Classroom, My Learning etc.

ACCESS ACTIVE KIDS

<https://activekids.phoenixclassroom.com/>



Only valid users are allowed to access this application.



LANDING PAGE

Upon successful login, the user will view the landing page where they can navigate to all the different sections as required.

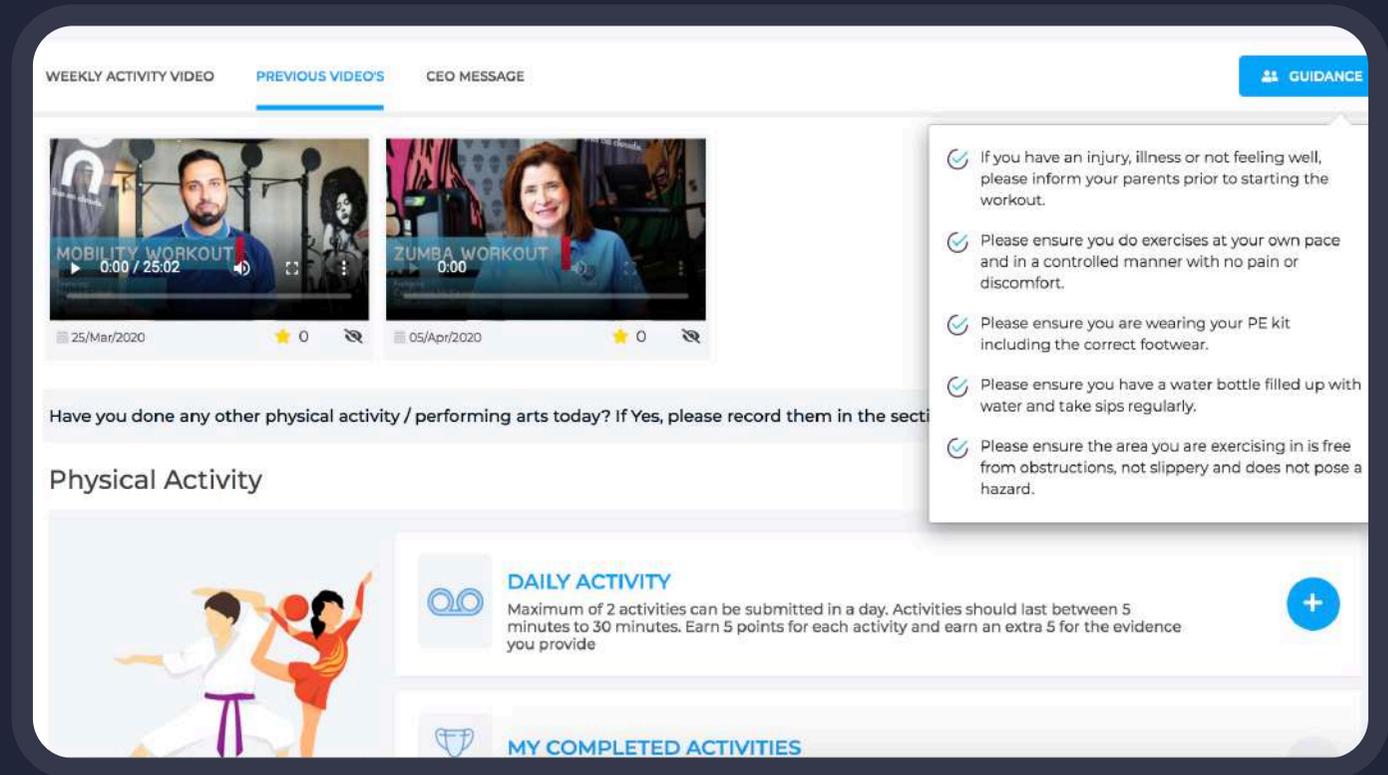
The screenshot shows the Active Kids landing page. At the top left is the 'ACTIVE KIDS' logo. On the top right, there is a user profile for 'Norah Jacob' with a crown icon and a score of '0'. Below the header, there is a 'Welcome to Active Kids' section with a small illustration of children playing and a paragraph of introductory text. A navigation bar contains links for 'WEEKLY ACTIVITY VIDEO', 'PREVIOUS VIDEO'S', 'CEO MESSAGE', and a 'GUIDANCE' button with a group icon. The main content area features a video player for a 'ZUMBA WORKOUT' video. The video player shows a woman, Catherine McKeever, and includes a progress bar and controls. To the right of the video player is a text description of Zumba. Below the video player, there is a question: 'Have you done any other physical activity / performing arts today? If Yes, please record them in the section below.' Underneath this is a 'Physical Activity' section with an illustration of two children playing. To the right of the illustration is a 'DAILY ACTIVITY' box with a plus icon and text: 'Maximum of 2 activities can be submitted in a day. Activities should last between 5 minutes to 30 minutes. Earn 5 points for each activity and earn an extra 5 for the evidence you provide'.

03

Users can access previous videos & announcements by clicking on the different tabs in the same screen.

The guidance section guides the children on how to prepare for the daily activity.

WATCH PREVIOUS VIDEOS & ANNOUNCEMENTS



04

Access weekly activity video by clicking on the play button and perform the activity.

User can watch the video in full screen if required.

WATCH VIDEO & PERFORM ACTIVITY

WEEKLY ACTIVITY VIDEO PREVIOUS VIDEOS CEO MESSAGE GUIDANCE

Zumba

Zumba is a total-body cardio and aerobic workout. Today's workouts is brought to you by Turning Pointe UAE's instructor Patty and features Omar Nour and special guest Catherine McKeever, the Principal at GEMS Wellington Primary School. Today's lesson will take you through the basic steps of Shakira's Waka Waka, in a simple and easy way to understand, before moving on to doing the full routine! There will also be that all important warm up and cool down. Did you know... Zumba was founded in 1998 by Pérez in Cali, Colombia. Pérez, an aerobics instructor, forgot to bring his regular music to his aerobics class. He happened to have cassette tapes of Latin dance music—salsa

ZUMBA WORKOUT

Featuring:
Catherine McKeever
Wellington Primary School

Full Screen

05

Typically, the daily video (updated weekly) is for a duration of 25 minutes including the introduction, warm up, workout and cool down stages.

Video fast-forwarding option is disabled and the students are expected to participate in the full session closely.

COMPLETE THE TASK & GET REWARDED



Mobility Workout

With so many students at home all day, working extremely hard with their remote learning, we are here to make sure you get some exercises and tips on how to stay supple and be able to focus on your studies. Hosted by Omar Nour, and coached by Kim from Warehouse Gym, the Principal from GEMS Metropole school Mr Nav Iqbal, is going to show all of you that anyone can work on their flexibility, mobility and mindfulness. To ensure that our muscles are warmed up correctly for stretching Omar will be taking the warm up, to raise your heart rates and wake up the mind! You can earn 20 points daily by watching the video and actively participating in activities. All the best!

I have watched the video & completed the activity.

Have you done any other physical activity / performing arts today? If Yes, please record them in the section below.

The students can also perform other activities of their choice, both physical as well as performing arts and record their achievements against each of them.

PHYSICAL ACTIVITY & PERFORMING ARTS AND FINE ARTS

Physical Activity



- DAILY ACTIVITY**
Maximum of 2 activities can be submitted in a day. Activities should last between 5 minutes to 30 minutes. Earn 5 points for each activity and earn an extra 5 for the evidence you provide.
- MY COMPLETED ACTIVITIES**
List of activities completed till date.

Performing Arts & Fine Arts



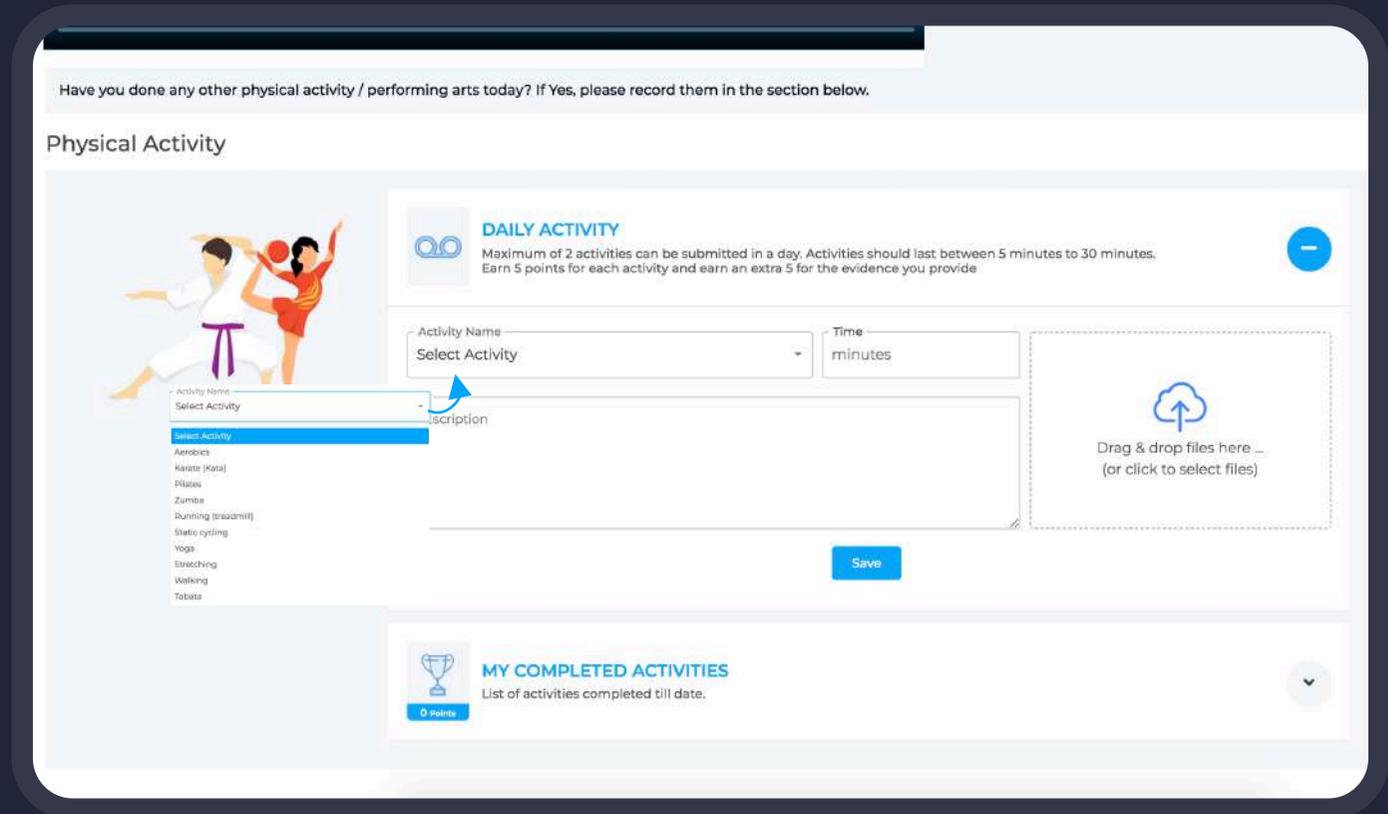
- SUBMIT PROJECT**
Maximum of 2 projects can be submitted in a day. Earn 10 points for each of the projects you submit.
- MY COMPLETED PROJECTS**
List of projects completed till date.

07

This list of activities are listed with the approximate duration you can engage in a day is defined in the system.

This section also explains the points the students will earn in performing this activity.

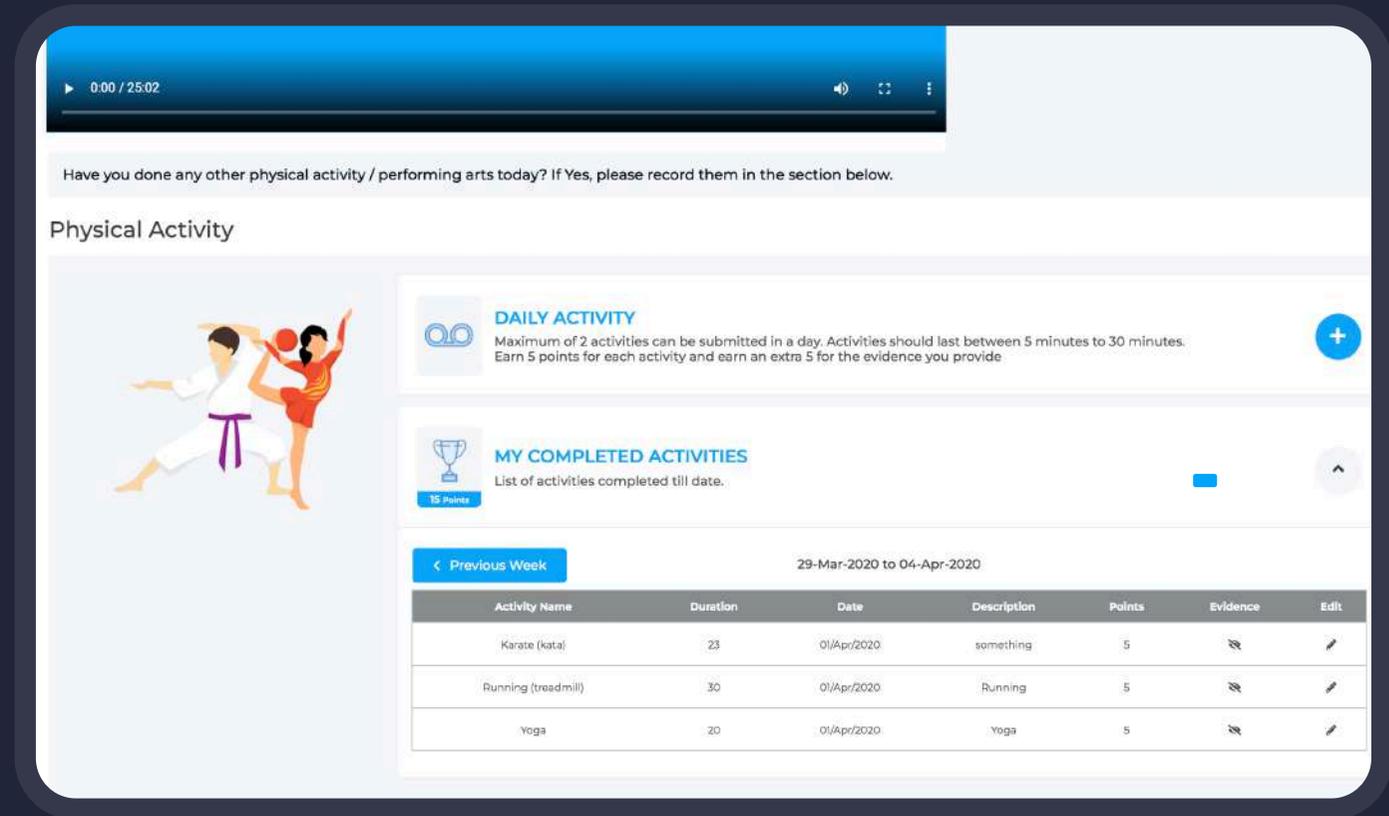
PHYSICAL ACTIVITY DAILY TASKS



The completed activities section displays the already saved details with an option to edit the activities as long as it is within the same day.

The completed activities section also gives you an overview of all the activities done by the student.

PHYSICAL ACTIVITIES MY COMPLETED TASKS



0:00 / 25:02

Have you done any other physical activity / performing arts today? If Yes, please record them in the section below.

Physical Activity



DAILY ACTIVITY
Maximum of 2 activities can be submitted in a day. Activities should last between 5 minutes to 30 minutes. Earn 5 points for each activity and earn an extra 5 for the evidence you provide.

MY COMPLETED ACTIVITIES
List of activities completed till date. **15 Points**

< Previous Week 29-Mar-2020 to 04-Apr-2020

Activity Name	Duration	Date	Description	Points	Evidence	Edit
Karate (kata)	23	01/Apr/2020	something	5		
Running (treadmill)	30	01/Apr/2020	Running	5		
Yoga	20	01/Apr/2020	Yoga	5		

Similarly, the students can submit their achievements in Performing Arts & Fine Arts daily and by uploading the evidences, they can earn 10 points per submission.

PERFORMING & FINE ARTS SUBMIT PROJECT

Performing Arts & Fine Arts



SUBMIT PROJECT

Maximum of 2 projects can be submitted in a day. Earn 10 points for each of the projects you submit.

Project Type
Select Project

Description

Who all helped you in project
Father, Mother, Brother, Sister

Save

MY COMPLETED PROJECTS

List of projects completed till date

10 Points

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LEADER BOARD

The user is provided with an intuitive leaderboard where they can see the breakup of the points they have earned so far as well as how they compare with their peers from the same grade / year and school

The screenshot displays the Active Kids website interface. The main content area features a 'Welcome to Active Kids' message and a 'ZUMBA WORKOUT' video player. A sidebar on the right shows a user's profile with 45 points and a breakdown of 20 Daily Videos, 15 Physical Activity, and 10 All Projects. Below this is a 'Leaderboard' section titled 'Overall performer' listing three users: Aazia Aziz Avadia (165 points), Shaun Sherin Lawrence (63 points), and Anam Alisha (45 points).

ACTIVE KIDS

Welcome to **Active Kids**

The ActiveKids portal helps you stay active through preset activities and tasks and in turn a following these preset activities and tasks. You can double up your points by recording your this evidence to the portal. All the videos are carefully created and endorsed by a team of ex

WEEKLY ACTIVITY VIDEO PREVIOUS VIDEO'S CEO MESSAGE

ZUMBA WORKOUT

Anam Alisha **45 POINTS**

20 DAILY VIDEOS 15 PHYSICAL ACTIVITY 10 ALL PROJECTS

Leaderboard

Overall performer

Aazia Aziz Avadia 165

Shaun Sherin Lawrence 63

Anam Alisha 45

THANK YOU

