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**THE BEST SMALL  
INTERNATIONAL  
KIDS SPORTS GUIDE**

**13-21 AUG. 2022**

@TEAMWORKING NGO



# GUIDE DESCRIPTION

USEFUL?

THIS GUIDE IS USEFUL FOR KIDS WHO  
NEED IDEAS TO ENTER IN THEIR  
DIGITAL SPORTS WORLD



FOR WHO?



KIDS AROUND 10 TO 17 YEARS OLD

WITH WHAT?

YOU JUST NEED INTERNET  
CONNECTION AND A PHONE



FOR WHAT?

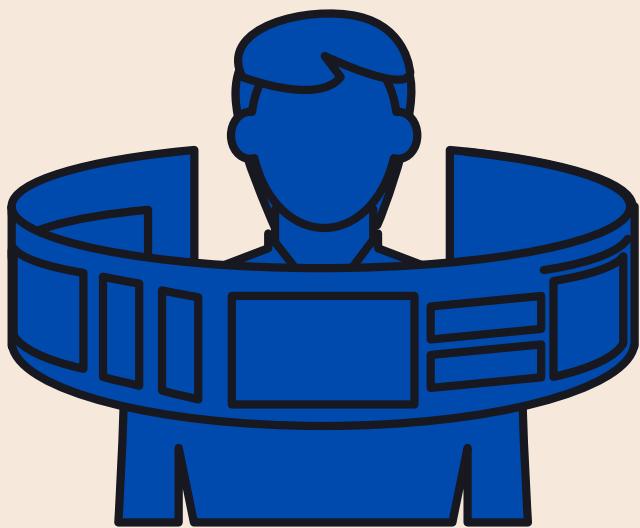


YOU WILL HAVE FUN, WHILE LEARNING  
SOMETHING NEW AND DIFFERENT. YOU  
WILL ALSO BE HEALTHY

# CHAPTER 1

## MULTIMEDIA SPORT ACTIVITIES

REALITY



DIGITAL



REALITY + DIGITAL



VIRTUAL REALITY



# CHAPTER 1

## MULTIMEDIA SPORT ACTIVITIES

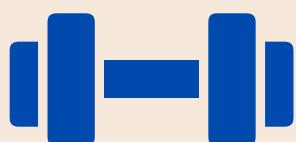
### PHYSICAL ACTIVITY

ANY BODY MOVEMENT PRODUCED BY SKELETAL MUSCLES THAT REQUIRES ENERGY EXPENDITURE



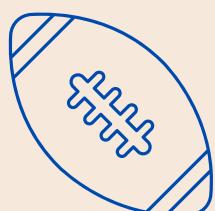
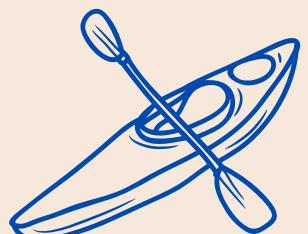
### EXERCISE

PHYSICAL ACTIVITY PLANNED, STRUCTURED AND REPETITIVE THAT SEEKS AN END



### SPORT

EXERCISE WITH COMPETITIVE CHARACTER THAT REQUIRES TRAIN WITH FREQUENTLY, AND THAT IS REGULATED



# CHAPTER 2

## THERAPY OF THE MOVEMENT

**DEFINITION: MOVEMENT THERAPY IS A PROCESS THROUGH WHICH A PERSON LEARNS TO REEDUCATE HIS OR HER BODY'S MOVEMENT AND IMPROVE ON PATTERNS OF MOVEMENT THAT CAUSE STRESS-RELATED EMOTIONAL CONDITIONS**



**YOGA IS A TYPE OF EXERCISE IN WHICH YOU MOVE YOUR BODY INTO VARIOUS POSITIONS IN ORDER TO BECOME MORE FIT OR FLEXIBLE, TO IMPROVE YOUR BREATHING, AND TO RELAX YOUR MIND.**

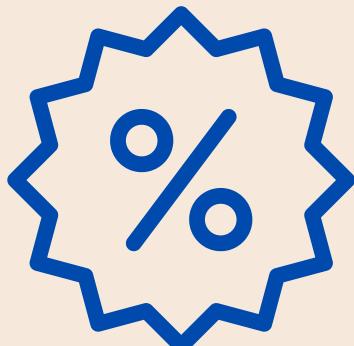
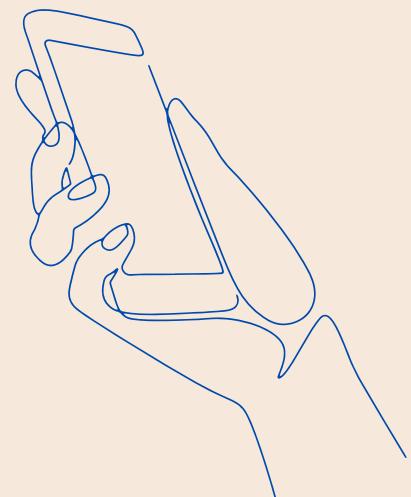
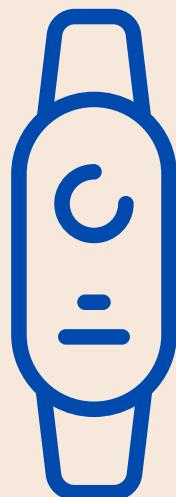
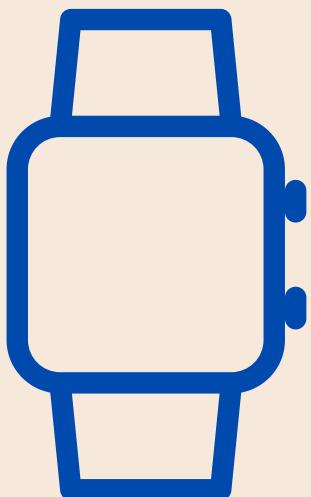
**QIGONG IS A FORM OF TRADITIONAL CHINESE MIND/BODY EXERCISE AND MEDITATION THAT USES SLOW AND PRECISE BODY MOVEMENTS WITH CONTROLLED BREATHING AND MENTAL FOCUSING TO IMPROVE BALANCE, FLEXIBILITY, MUSCLE STRENGTH, AND OVERALL HEALTH.**



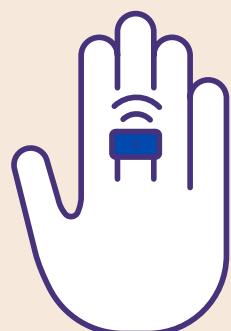
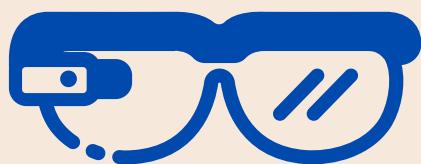
# CHAPTER 2

## THERAPY OF THE MOVEMENT

**YOU CAN IMPLEMENT THIS THERAPY BY  
USING SMART DEVICES AND APPLICATIONS  
SUCH AS:**



**STRAVA**



# CHAPTER 3

## LIVE STREAMING

LIVE STREAMING IS WHEN THE STREAMED VIDEO IS SENT OVER THE INTERNET IN REAL TIME, WITHOUT FIRST BEING RECORDED AND STORED. TODAY, TV BROADCASTS, VIDEO GAME STREAMS, AND SOCIAL MEDIA VIDEO CAN ALL BE LIVE-STREAMED.

### ALL YOU NEED TO START A LIVE-STREAM



# CHAPTER 3

## LIVE STREAMING

### CONTENT IDEAS FOR LIVE-STREAMING

Q&A SESSIONS

WORKOUT SESSIONS

LIVE STREAMING FROM EVENTS

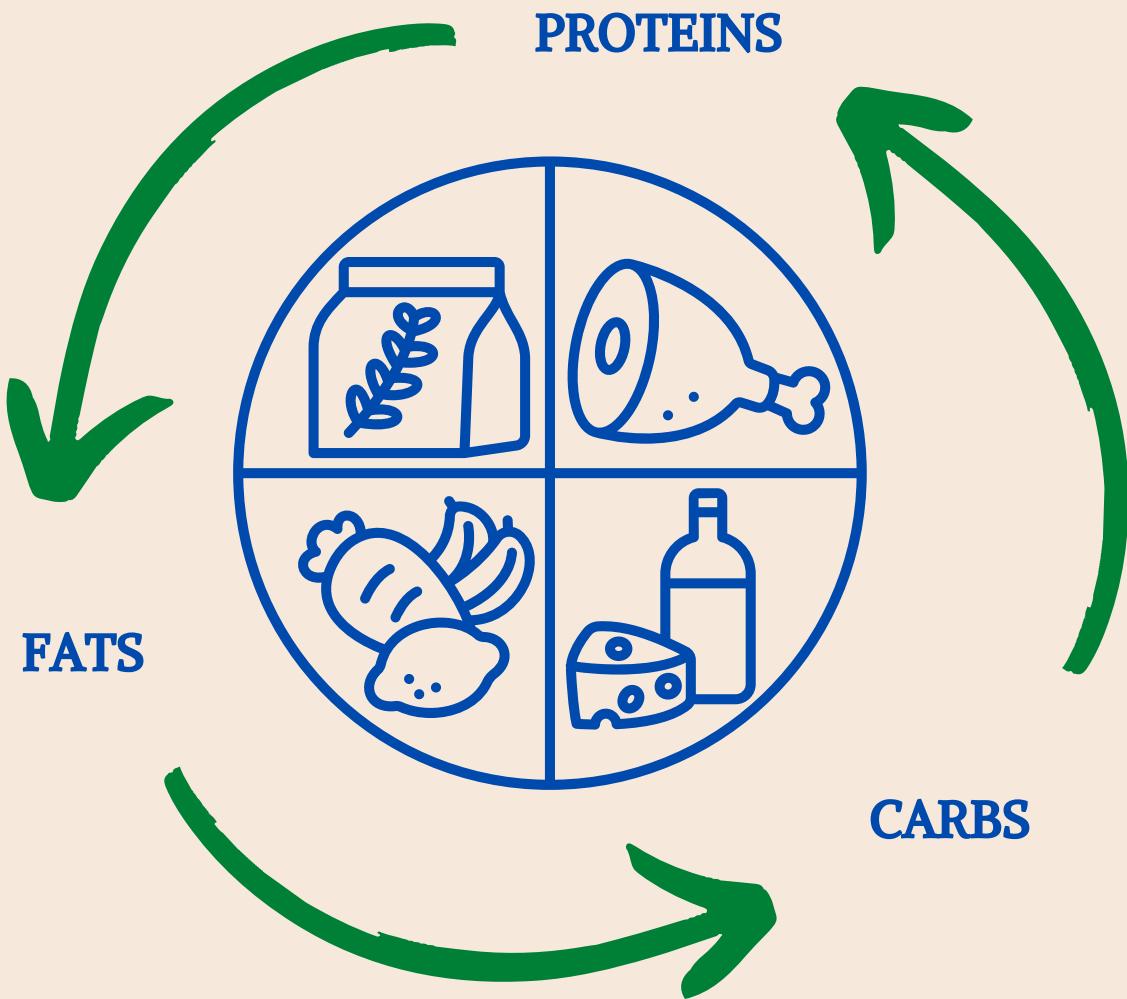
HOST QUIZZES

LIVE INTERVIEWS

CREATE FUN AND ENGAGING LIVE STREAMS

# CHAPTER 4

## NUTRITION

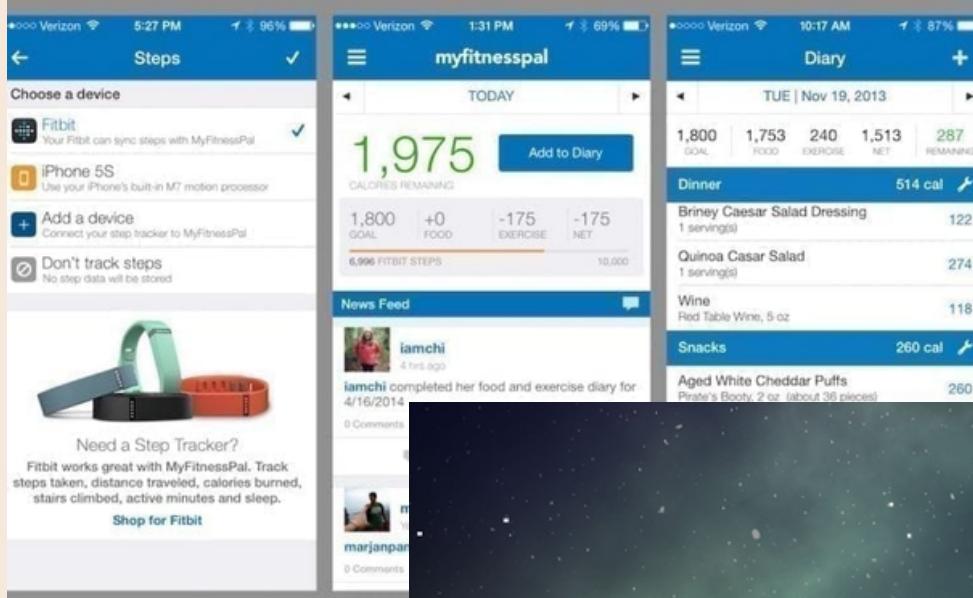


BUT HOW YOU KNOW HOW  
MUCH AND WHAT YOU EAT?



# CHAPTER 4

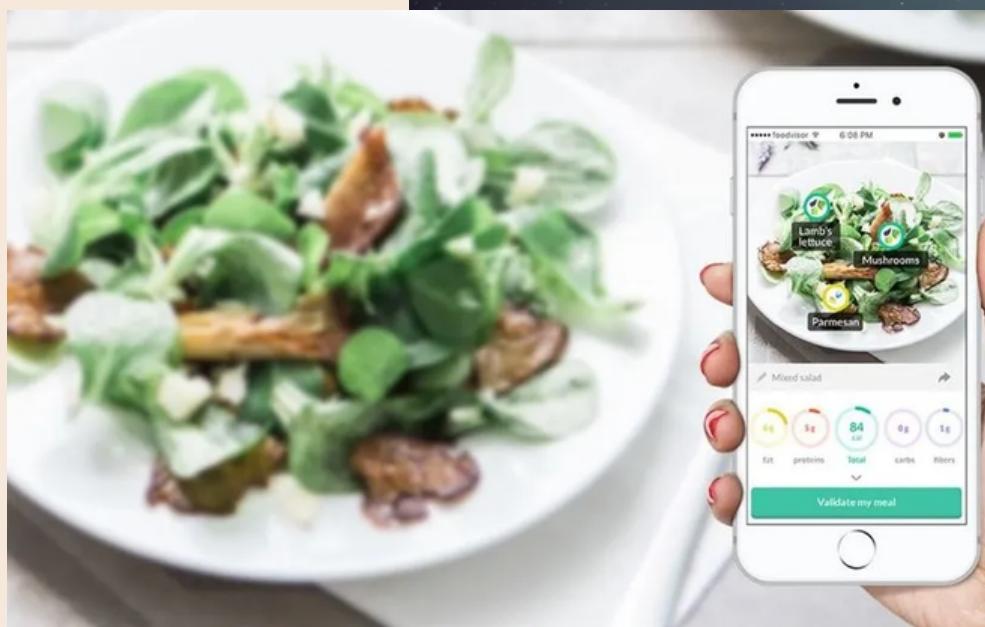
## NUTRITION



The image shows three screenshots of mobile applications for tracking nutrition and fitness:

- Fitbit Steps:** Shows a list of devices to choose from, including Fitbit and iPhone 5S. It also displays a step tracker with three Fitbit bands (blue, green, red) and a message about Fitbit working with MyFitnessPal.
- myfitnesspal:** Shows the daily summary screen with a total of 1,975 calories remaining. It includes a news feed with a post from a user named iamchi.
- Diary:** Shows the diary for Tuesday, November 19, 2013. It lists a dinner entry with 514 calories, including Briney Caesar Salad Dressing, Quinoa Casar Salad, Wine, and Snacks.

**FOODAI:** A promotional image for the FOODAI app. The text reads: "FOODAI Smart Food Recognition with the state-of-the-art Visual Recognition technology". A "Try our Demo" button is visible at the bottom.



# CHAPTER 5

## LET'S DANCE

### IF PANDEMY/BOMB COMES...



WE WILL DANCE



# CHAPTER 5

## LET'S DANCE

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