中山國小自主線上課程
居家運動app
《Active Arcade》
《 Plaicise 》

- apple手機下載：Active Arcade(蘋果用)

https://apps.apple.com/tw/app/active-arcade/id1553158383

- 進入app下載程式

- 收尋　Active Arcade
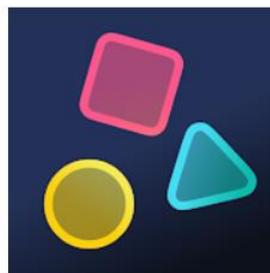
- 下載完成後登入app

- 填寫個人資料、選定訓練年紀、進入訓練畫面

- 安卓手機下載：Plaicise(安卓用）
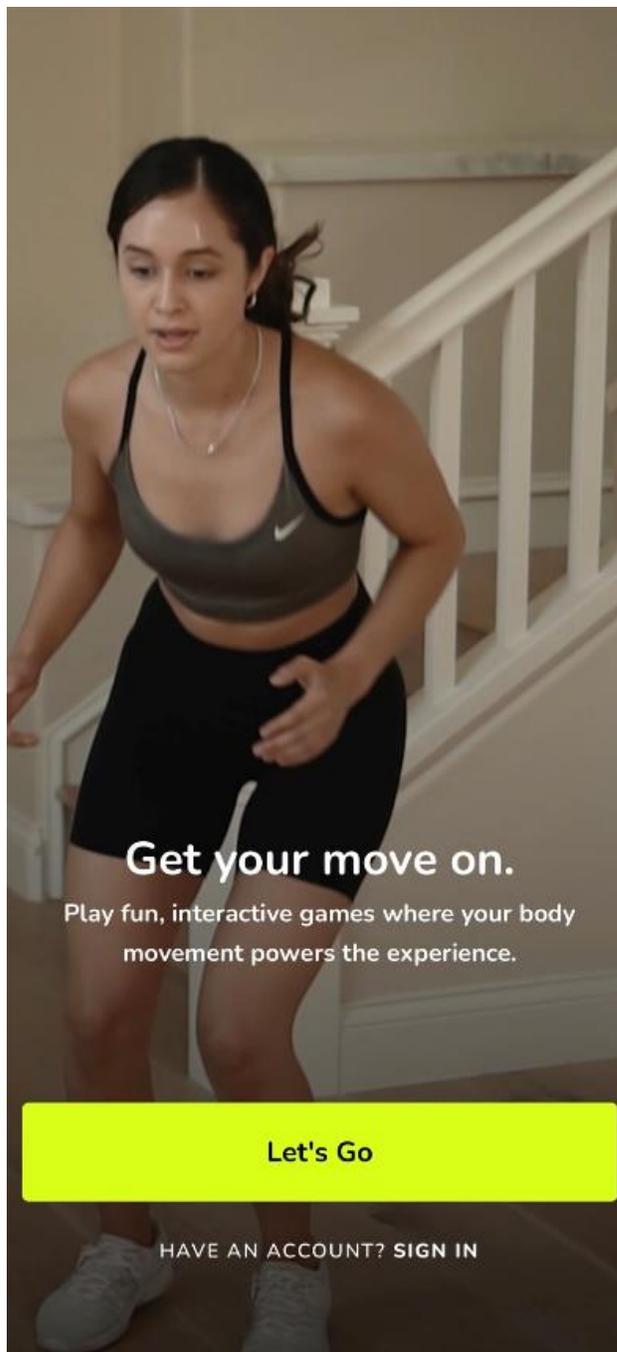
https://play.google.com/store/apps/details?id=com.
plaifit.plaifit&hl=en_US&gl=US

- 進入app下載程式

- 收尋 Plaicise: Augmented Reality Fitness Games

- 下載完成後登入app

- 填寫個人資料、選定訓練年紀、進入訓練畫面
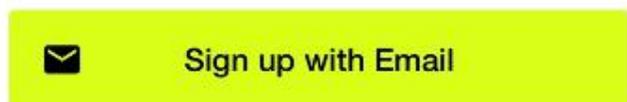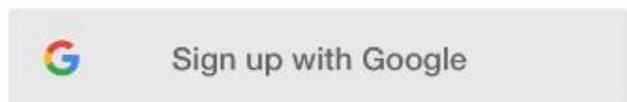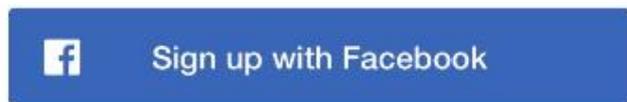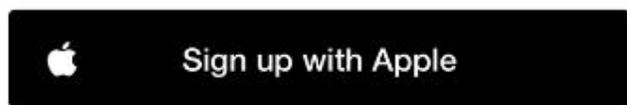
☆步驟一☆
按下Let’s Go就對了

Create your account.

Access your data across multiple devices, or recover it if you lose your device.

By signing up, you agree to our **Terms** and **Privacy Policy**

🍎 Sign up with Apple

f Sign up with Facebook

G Sign up with Google

✉ Sign up with Email

☆步驟二☆

選擇進入app的帳號登入
（1）手機
（2）FB
（3）Google
（4）Email
四選一即可

Complete your Profile.

First Name   First

Last Name   Last

Save

SKIP

☆步驟三☆

寫下你的大名

接著按下Save

Set your privacy.

Active Arcade puts you in control of your data and who can see it.

✓ **Public**
Your workouts are visible to anyone on Active Arcade by default. These workouts may appear on public leaderboards.

○ **Private**
Your workouts are visible only to you by default. They will not appear on public leaderboards.

You can edit the privacy of individual workouts and override these default settings at any time.

OK

☆步驟四☆
Public
公開你的成績可讓大家崇拜

Private
低調練習不公開

以上二選一即可

Put a face to a name.

Adding a profile photo makes it easy for friends and others to identify you.

J

Add Profile Photo

SKIP

☆步驟五☆

放上一張你帥氣的照片

繼續下一個步驟

Who is playing?

This helps us create activities we think you will enjoy most.

○ I am the primary player

○ My kids are the primary players

○ My whole family will play together

○ I will use it with my students

Next

SKIP

☆步驟六☆

(1)我是主要訓練者(選這個)

(2)家長的選項(家長訓練孩子)

(3)全家一起玩

(4)老師選項(老師指導學生)

以上四選一即可 請注意選定後不能更改

How old are you?

This helps us create activities we think you
will enjoy most.

Your age will not be displayed to other users.

- ✓ 14 years or younger
- ○ 15-17 years
- ○ 18-20 years
- ○ 21-29 years
- ○ 30-39 years

Next

SKIP

☆步驟七☆
請選擇第一個

14歲或更年輕的使用者

想挑戰更高年級的也可以試試
請注意選定後不能更改

接著繼續(Next)

Games

High Kicks

Reaction

Reaction Flow

Speed Step Strike

Cone Knockout

Mad Hops

☆步驟八☆

開始玩 ！ ！ ！

嘗試各種訓練
讓自己變屬害

表單可以看到你的個人資訊
運動成績、消耗的卡路里、運動總時數

蔡宗廷

Stats

Video Highlights >

73 kcal
Calories

1
Active days

6 min
Activity

◀ MAY ▶

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

☆備註☆
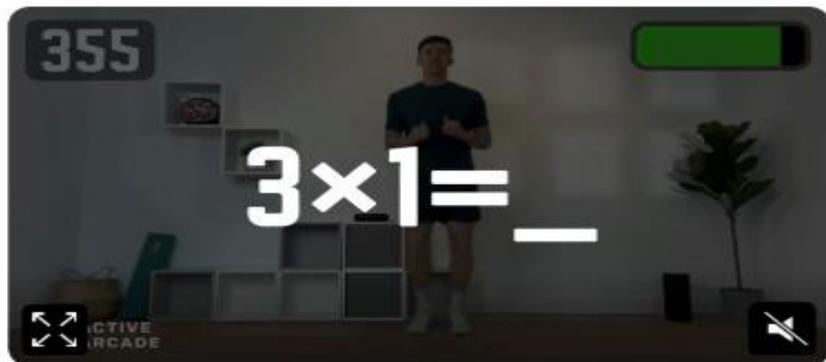
表單可以看到你的個人資訊
◎運動成績
◎消耗的卡路里
◎運動總時數
◎以及運動時的影片

Speed Step Math

355

3×1=_

2-5 Min

Put both your brain and your body to the test. Can you do math and graduate through the grade levels? → **Details**

Leaderboard   View all >

| THIS WEEK | THIS MONTH | ALL TIME |

| 1 | | s 104036 | 🏅 1,259 > |
| 2 | | Vic Sunny | 🏅 1,203 > |
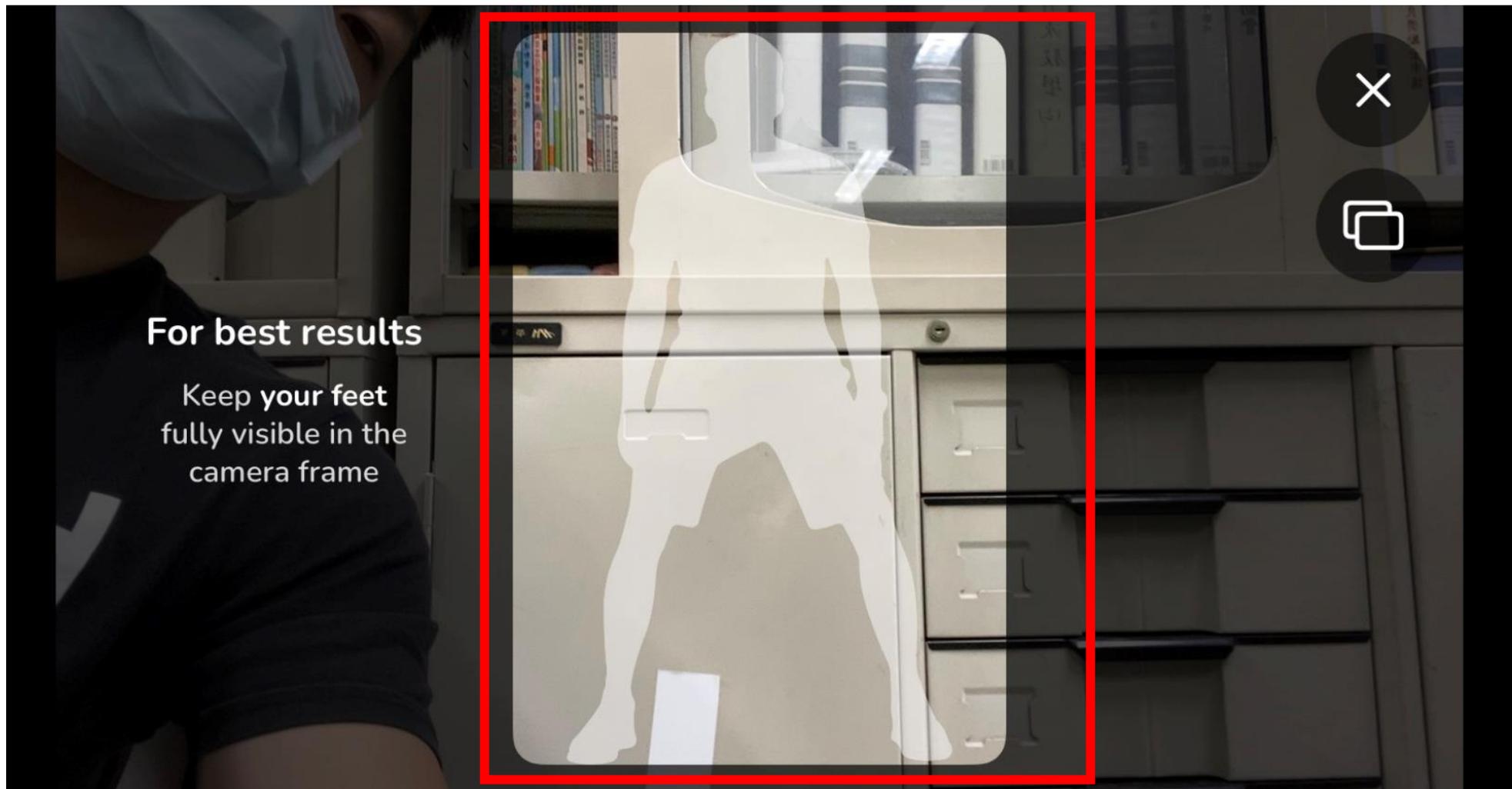
Start

☆步驟九☆

按下START鍵開始挑戰

挑戰成績越高，排名就會越高

快讓大家看看你有多屬害！
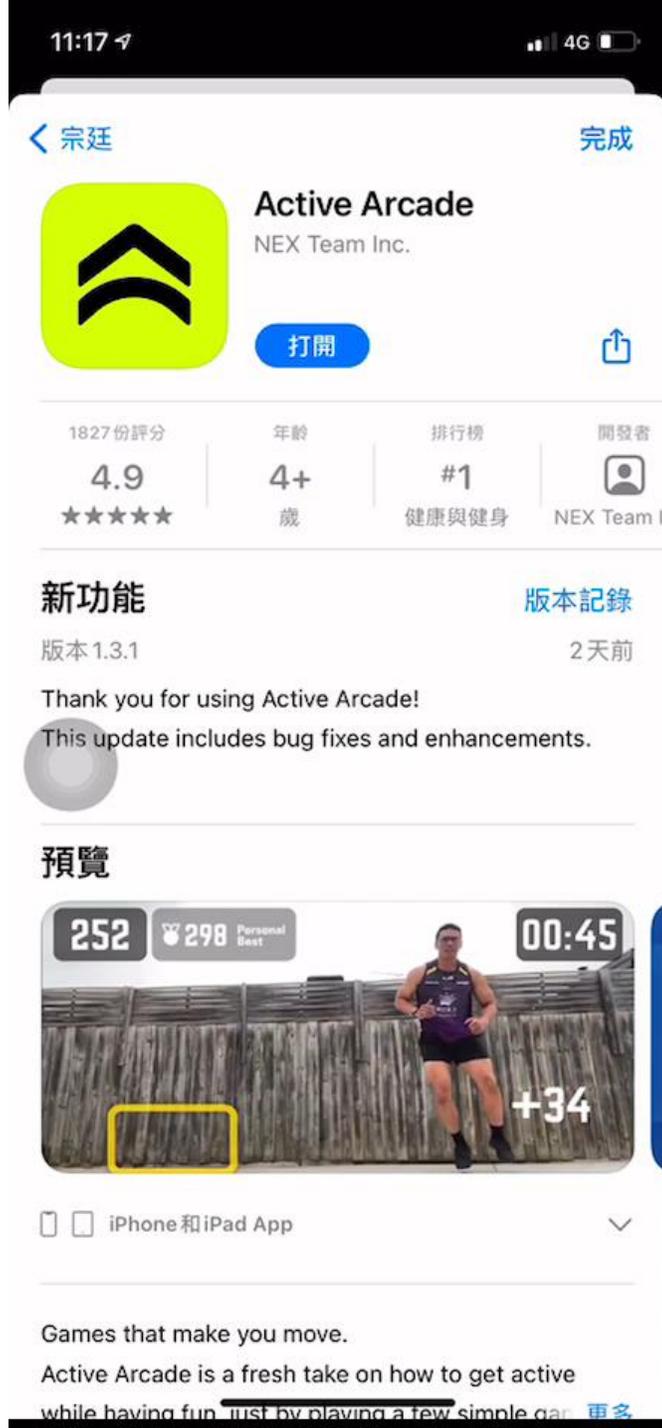
☆步驟十☆
記得人要在框框內~

~操作示範~

程式操作方式

動起來！GO~GO~GO~