

POLYU JOCKEY CLUB

OPERATION **SOINNO**

理大賽馬會社創「騷·In·廬」



ACTION PROJECTS
社創行動項目

Kowloon Park Fitness Trail Intergenerational Play Space 九龍公園健身徑跨代共融遊樂空間

[Intergenerational]

[Interactivity]

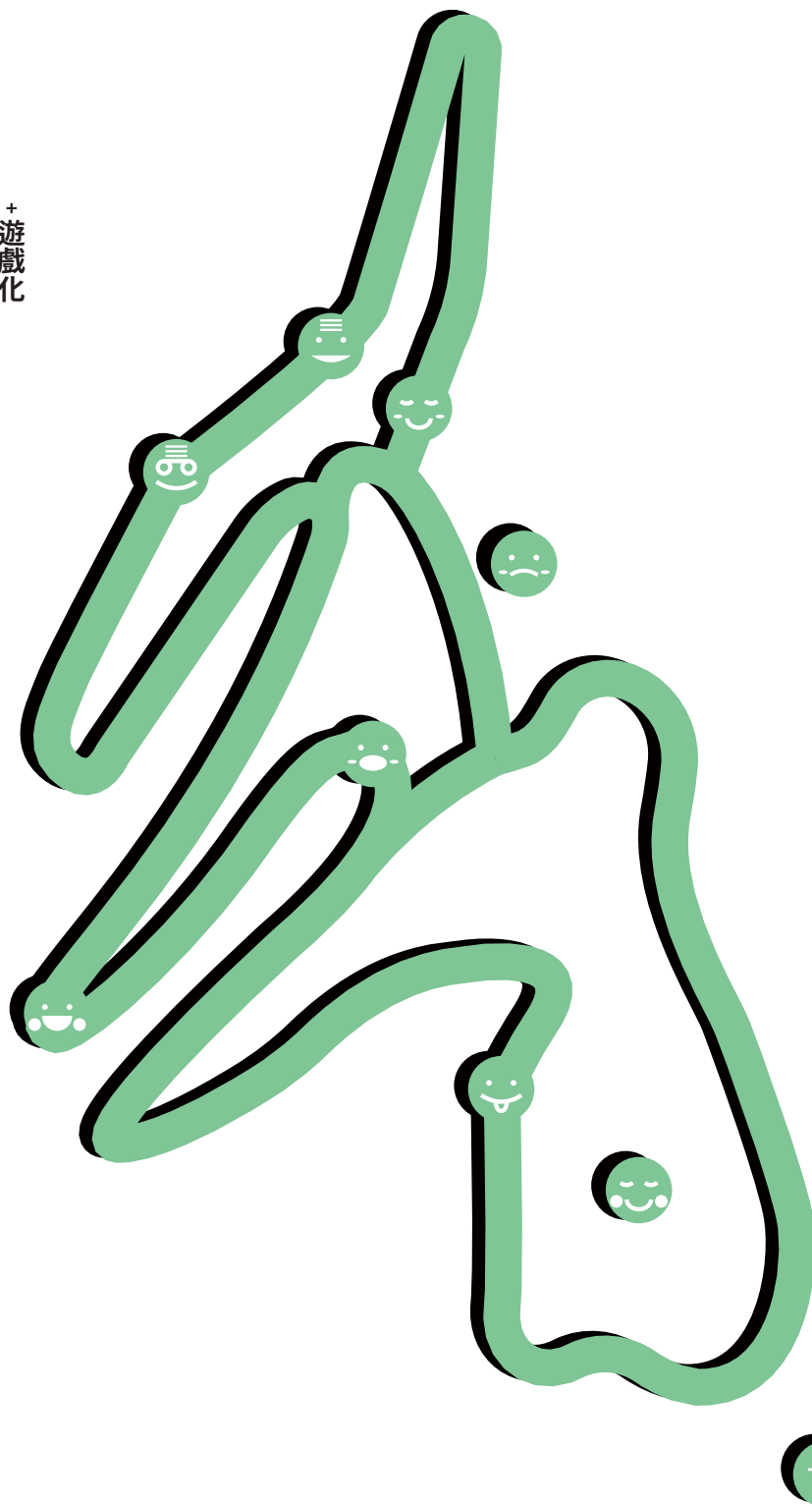
[Technology]

[Gamification]

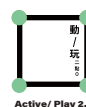
+ 跨代共融
+ 互動性
+ 科技化
+ 遊戲化



Kowloon park + 九龍公園



+
+
+
+
+



Active / Play 2.0

[06]

舊設施。新玩法

How do you interpret park facilities?



您會點用公園嘅平行木？

How would you use the balance beam in the park?



舊設施，新玩法 2

上一回談及了雙槓，這次我們來討論平衡木！

這項設施相信大家都有玩過，一般情況，使用者會張開雙臂沿著平衡木前行。而公園的平衡木則較一般體操訓練的平衡木矮，可以避免使用者失平衡時著地受傷。有趣的是，這樣的設計反而刺激到用家的想像力，創造其他玩法。

我們觀察到幼童會坐在平衡木上和其他幼童互動，造就一個交朋友的契機；青少年則會用平衡木做「跨欄」動作，左右跳躍，追求刺激。而希望鍛鍊體能的成年人會用平衡木進行俯臥撐，加強訓練的難度。

你又會用那種方式使用平衡木呢？

- 1) 傳統式：根據指示板方式
- 2) 跳躍式：左右跳躍
- 3) 挑戰式：加強俯臥撐
- 4) 互動式：坐在平衡木上聊天
- 5) 其他創新方法

How do you interpret park facilities? 2

Previously we have talked about parallel bars, this time let's talk about balance beam!

As common as the facility is seen, we believe that most of you have experience in using one. The classic way of using the facility would be walking along the balance beam with your arms opening wide. The difference between gymnastics balance beam and the ones in parks is that the height of the latter is much lower to avoid injury in case user fall off from the beam. Interestingly, this change in design also allows users to use it more imaginatively.

From our observations, children would sit on the beam and play with other children. Hence, the beam has become a place for them to socialise; Teenagers are more excitement-seeking. They would use the beam for side hurdle jumps. Whereas young adults would use the beam for push-ups to enhance the difficulty of the fitness training.

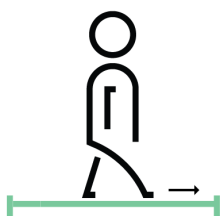
How would you use the balance beam?

- 1) Traditional: as per the instruction boards
- 2) Jumping: side hurdle jumps
- 3) Challenging: push ups
- 4) Interactive: socialising
- 5) Other creative ways

四個使用平行木嘅方法 Four ways to use balance beam

1 ...

Traditional



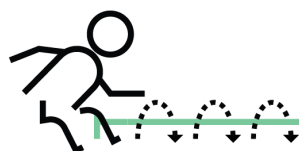
根據指示板方式

As per the instruction boards

傳統式

2 ...

Jumping



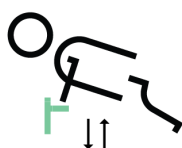
左右跳躍

Side hurdle jumps

跳躍式

3 ...

Challenging



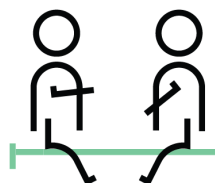
加強俯臥撐

Push ups

挑戰式

4 ...

Interactive



坐在平衡木上聊天

Socialising

互動式

