

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

[Intergenerational]

[Interactivity]

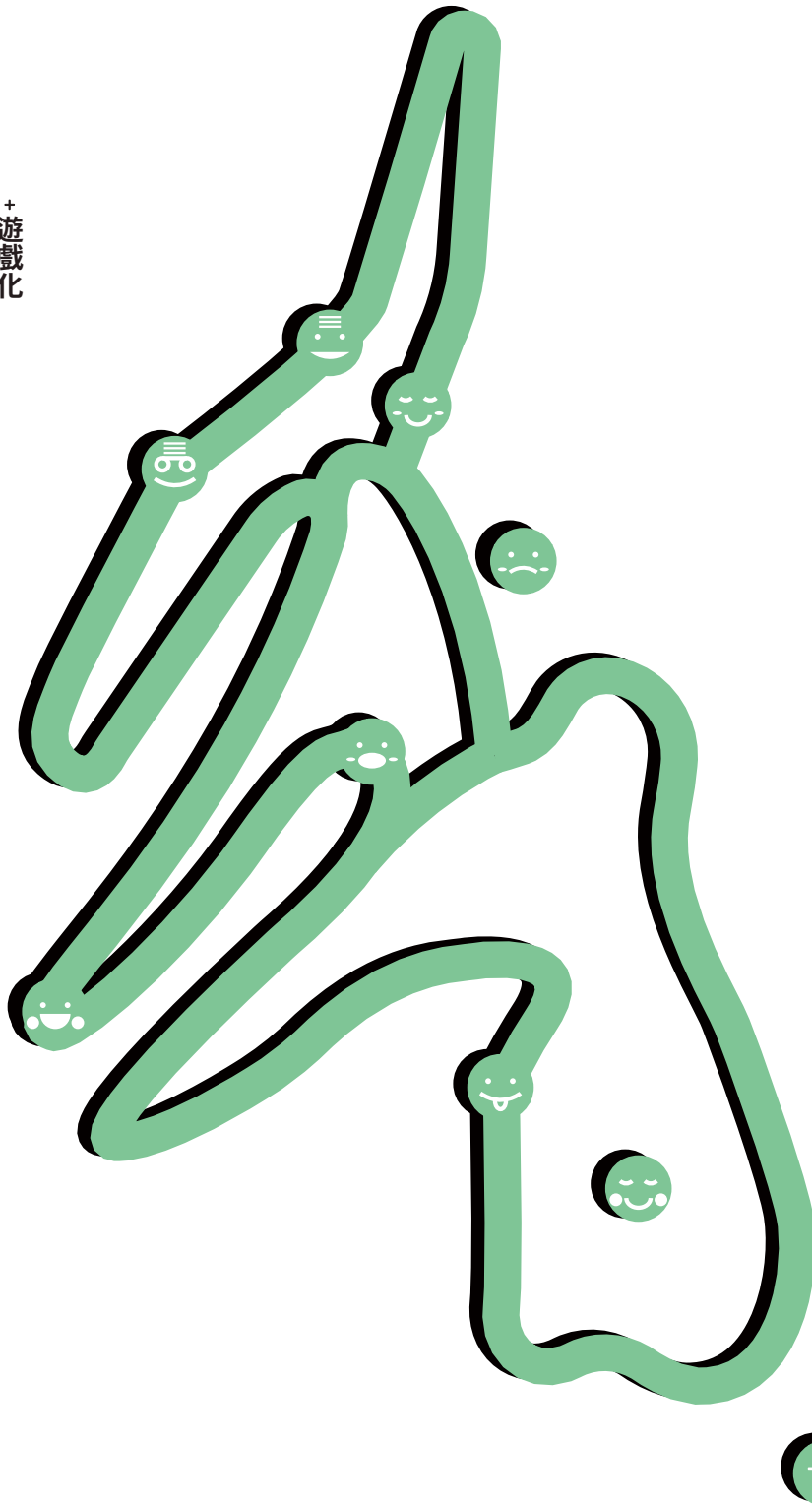
[Technology]

[Gamification]

- + 跨代共融
- + 互動性
- + 科技化
- + 遊戲化



Kowloon park + 九龍公園



[07]

舊設施。新玩法

How do you interpret park facilities?

+



+



您會點用公園嘅水平橫槓？

How would you use the Horizontal Ladder in the park?



舊設施，新玩法 3

即使你沒有玩過俗稱「馬騮架」的水平橫槓，但都一定見過！水平橫槓主要是考驗你的四肢靈活程度，以及上臂的支撐耐力。攀爬再扶上橫槓後，單靠上臂支撐及四肢配合，由橫架的一邊爬到另一邊。除了最普遍的玩法以外，你又能否想到其他的使用方法呢？

水平橫槓的高度對於小朋友來說太高了，他們無法單靠手臂的力量支持整個人的重量。所以同行照顧者通常會抱起小朋友，令他們可以扶著橫槓攀爬。對於追求休閒式運動的老人家來說，下方的爬梯正是恰好能夠拉筋的高度，適合晨操或耍太極前後的熱身。而對於爲了健身的年輕人，他們會用橫槓做引體上升，甚至自攜彈力訓練帶加強難度，鍛煉手臂肌肉。

同樣的設施，不同年紀的人會有不同的使用方式。哪種方式最適合你呢？

- 1) 傳統式：根據指示板方式
- 2) 互動式：尋求他人協助
- 3) 休閒式：拉筋
- 4) 挑戰式：引體上升
- 5) 其他創新方法

How do you interpret park facilities? 3

Everyone should have come across Horizontal ladder, or “monkey bars”, at parks. This facility mainly challenges your upper body strength and body coordination. After reaching the bars, you will have to climb from one side to the other using your grip strength, biceps and shoulder muscles. Besides following the instructions, can you think of other methods to use this play facility?

For younger kids, the monkey bar is too high for them to reach and they may not have enough grip strength to finish the course. Hence, their caregiver would help raising them up to reach the bars and climb forward. For elderly who seek leisure exercise, the ladder below would be in a perfect height for them to stretch before and after their morning tai chi session. Whereas younger adults would make use of the bars for pull up exercises to train their biceps and shoulder muscles. Some might even bring their own resistance band to make their fitness training more challenging.

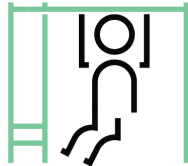
People of different age groups would have their own way of interpreting play facilities in parks. Which suits you the best? Let us know!

- 1) Traditional: as per the instruction boards
- 2) Interactive: seek help from other
- 3) Leisure: stretching
- 4) Challenging: pull ups
- 5) Other creative ways

四個使用水平橫槓嘅方法 Four ways to use horizontal ladder

1 ...
Traditional

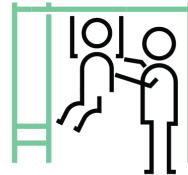
傳統式



根據指示板方式
As per the instruction boards

2 ...
Interactive

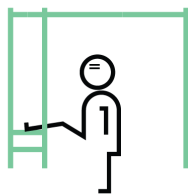
互動式



尋求照顧者協助
Seek help from caregiver

3 ...
Leisure

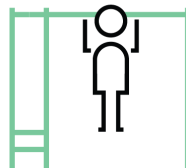
休閒式



拉筋
Stretching

4 ...
Challenging

挑戰式



做引體上升
Pull ups

