

sportstation2

More movement in your school day



Inspiring a love of movement at school



Create a **BALANCE**

Many young people do not get enough physical activity.

At school, physical activity is often limited to individual lessons and breaks. Children and young people need regular, engaging opportunities to move.

The 2022 German HBSC survey shows that only 10.8% of girls, 20.9% of boys and 12.4% of gender-diverse adolescents aged 11–15 meet the WHO recommendation of at least 60 minutes of physical activity a day. Since 2009/10, several activity indicators have declined slightly among girls; rates among boys have remained relatively stable. These figures measure physical activity, not enjoyment of movement. A 2026 cross-sectional analysis of the German MoMo 2.0 study suggests that enjoyment partly explains the association between weight status and physical activity. It does not demonstrate a general decline in enjoyment of movement. Sources: Bucksch et al., Journal of Health Monitoring 9(1), 2024; Tschuschke et al., BMC Pediatrics 26, 542 (2026).

THE SPORTSTATION 2



For schools: movement in lessons, during breaks and at school events.

The SPORTS CONSOLE!

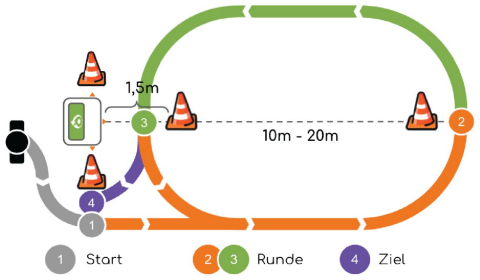
The sportstation2 combines digital game ideas with real movement. Sensors track runs through the course and show results right on the device. Different activities challenge speed, accuracy and pacing.

Depending on the game, participants earn stars and advance through levels. A personal wristband links each attempt to a profile. Depending on the version and setup, sportstation2 connect adds personal statistics, best times and leaderboards.

The mobile system can be used at school, in sports halls and at events. Watch current videos and see practical examples at thesportstation.com/schulen.html.

Everyday
AT SCHOOL

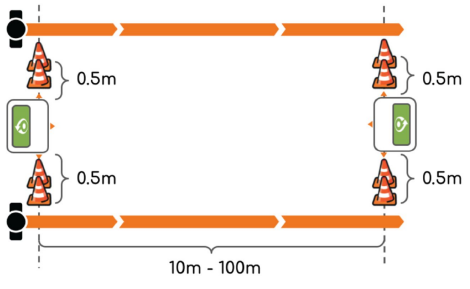
PHYSICAL EDUCATION



AUSDAUER

Genau Joggen

Beweise dein Gefühl für das richtige Tempo. Ziel ist es, die Strecke über meherer Runden möglichst genau zurückzulegen. Wer am nächsten an der Zielzeit dran ist, gewinnt!



Zwei Spieler

Synchronsprinten

Hier sind Schnelligkeit, Feingefühl und Teamgeist gefragt! Sprintet 20m möglichst gleich schnell!

More than speed and strength!

Physical education is about more than speed and strength. Activities such as Exact Jogging and Paesen also call for pacing, accuracy and consistency. This gives students with different strengths a chance to contribute and support one another.

The sportstation2 gives immediate feedback after each run. Participants can try again and compare their result with their previous attempt. This creates a playful challenge centered on the course everyone shares.

The activities can be used in short practice sessions, station-based training or team competitions. Videos from schools and football settings show practical examples at thesportstation.com/schulen.html.

Everyday
AT SCHOOL

Movement breaks: short, active, together.

An active break adds variety to the school day and gives everyone a reason to join in. Whether it is a quick course lap or a short class challenge, the teacher chooses what suits the group and the time available.

Quick setup makes it easy to use even during short breaks. The sportstation2 works with different age groups and changing teams.

Find school-day ideas and videos by scanning the QR codes on the last page.

ACTIVE BREAK







LEARNING THROUGH MOVEMENT

Learning through movement

Movement can add variety to lessons and create new reasons to take part. The sportstation2 complements existing lesson plans with an active course.

Teachers can connect learning content with movement activities and adapt them to the class, subject and time available. Learning objectives and materials come from the lesson itself.

Movement supports learning; it is not a promise of better grades or higher achievement.



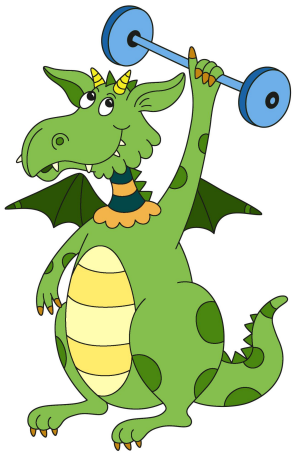


Bring movement into your lesson plan

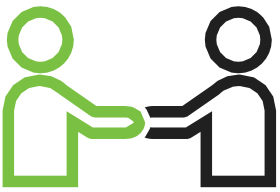
LESSON IDEAS

01 Bring mental maths, vocabulary or general knowledge into the course through play.
02 Review lesson content as a team before or after a movement round.
03 Explore speed, accuracy and pacing through different games.

The teacher chooses the learning goals and materials. The sportstation2 adds movement and results students can see immediately.



Find more videos and practical examples at thesportstation.com/schulen.html. Scan the QR codes on the last page.



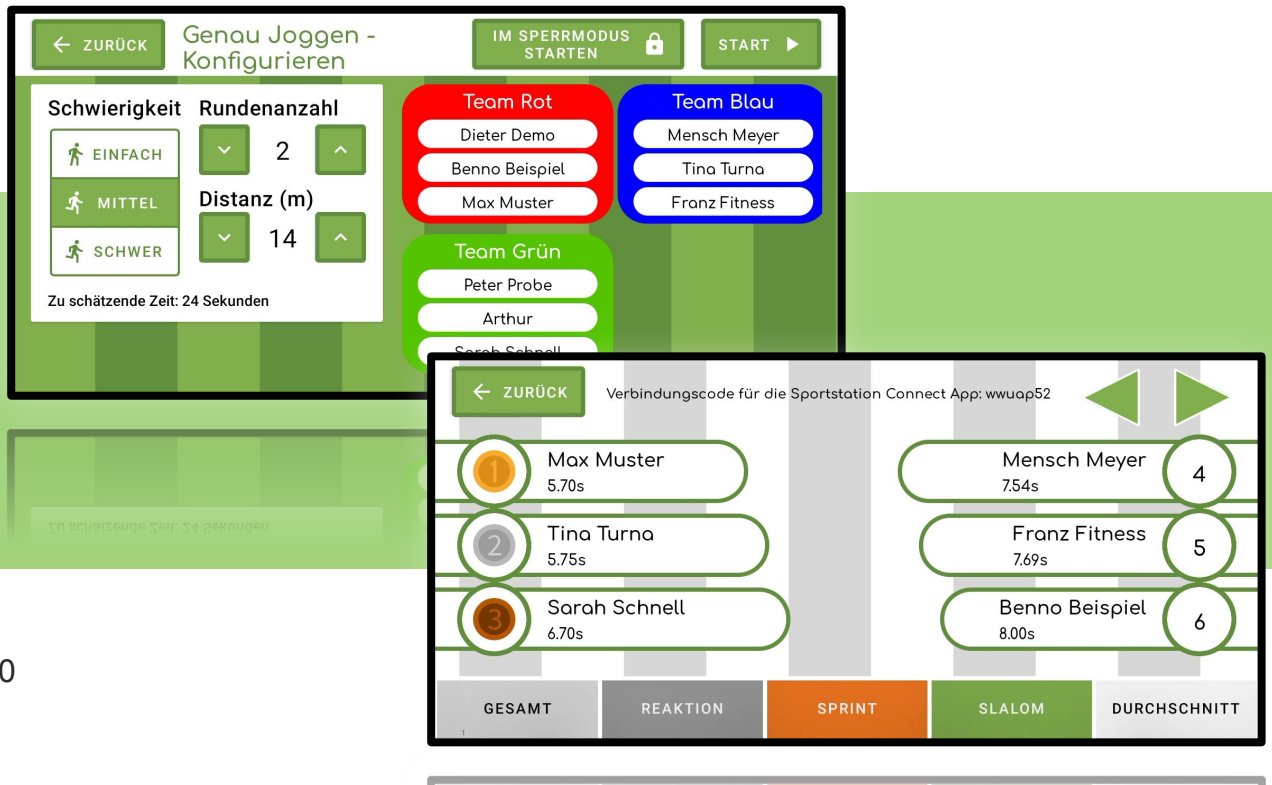
Play together. Come together.

In teams, class challenges and school events, children experience movement together. The sportstation2 gives them a reason to cheer each other on, switch roles and complete a challenge as a group.

Breaks, project days and school events can bring students from different classes together. Teachers choose activities and teams to suit the occasion.

Children bring different strengths, such as speed, accuracy or a good sense of pace. Shared activities can spark conversations and new connections.

The video with Chris Walter shows the sportstation2 in everyday school use. He oversees sportstation2 devices at several schools. More practical stories are available on the website.





Different strengths. One shared challenge.

A shared challenge can bring different strengths to the fore. Games such as Paesen and Exact Jogging reward accuracy and pacing as well as speed. Teachers can adapt teams, activities and roles to the group, giving everyone different ways to take part.

At school events, a shared course brings students, siblings and parents together. The school decides how to form teams and adapt activities. Movement can create opportunities to meet and talk.



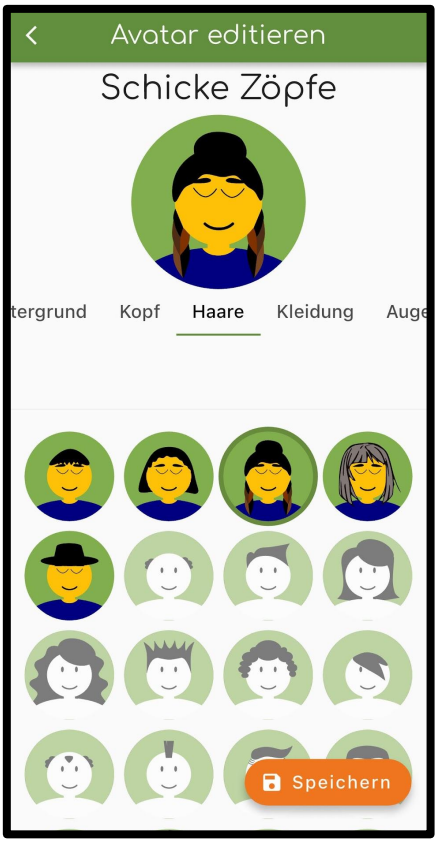




Every run is a new attempt

After each run, the sportstation2 displays the result on the device. Stars and best times provide immediate feedback. Personal statistics and other information depend on the current version and setup. The data processed in a specific setting depends on how sportstation2 and sportstation2 connect are used. Please read the current privacy information at thesportstation.com/datenschutz.html?lang=en and ensure that use complies with your school's requirements.

Depending on the game, participants collect stars and can reach new levels. These small milestones encourage them to give it another try. Available features depend on the version in use.



See progress. Play together.

The personal wristband links attempts to the selected profile. Depending on the version and setup, sportstation2 connect can show personal statistics, best times and leaderboards.
Participants can follow their own progress and compare results with the group.





Gamification brings playful activities together with movement. Visible feedback and varied challenges can encourage another try.
The sportstation2 combines digital game ideas with a real course and shared experiences.

...and beyond

Explore more real-world examples?

Scan the QR codes on the last page to find school videos, football clips and current information about using the system.

- **After-school programmes**
  After-school programmes combine learning, movement and leisure. The sportstation2 can be incorporated into active parts of the school day.

- **School fairs & project days**
  Obstacle courses and team challenges work well for sports days, project days and school fairs. Parent evenings can also offer a first look at how the system is used.

- **Students get involved**
  Students can help plan courses and teams, and take on organisational tasks.

- **Beyond the sports hall**
  The mobile system can also bring movement to school trips, excursions and activity days.

- **Working with schools & partners**
  The website features practical videos from schools and football projects. Chris Walter oversees ten sportstation2 devices at his schools. The QR codes on the last page link directly to these videos and references.



The [sportstation2] course motivates children because the activity is highly engaging and provides immediate feedback [...].

Prof. Dr. Theodor Stemper

Department of Sport Science, University of Wuppertal

[The sportstation] offers an ideal, practical approach that can help strengthen young people's self-esteem and sense of belonging.

Prof. Dr. Gerald Hüther

Neurobiologist

I can wholeheartedly recommend using the (sportstation2) course once or regularly, both to assess speed in sports clubs or schools and as an engaging activity at school or club events.

Prof. Dr. Alexander Ferrauti

Faculty of Sport Science, Ruhr University Bochum

SPORTSTATION2 · FOR SCHOOLS

Movement brings people together.

Real-life videos, leading football references and a special offer for your school.

SPECIAL OFFER FOR SCHOOLS

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Schools get 50% off the second device when they buy two. Please ask about details and availability before ordering.

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