

BREAKS

eLearning Platform

D3.2 Operational Guide to the e-platform

Date: May 2026

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BREAKS

PROJECT INFO

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BREAKS

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BREAKS

1. Introduction

This manual has been designed to guide users through the BREAKS e-learning platform, which is a collaborative online space designed to support teachers, educators, school staff, and education professionals in implementing inclusive movement breaks in school settings. Developed within the Erasmus+ project BREAKS (Building Resilience through Equitable Active Kinaesthetic Sessions), this platform provides practical resources, training materials, and examples of good practices to help integrate active and engaging movement activities into everyday classroom life.

This manual supports the users in making effective use of its features and resources. It provides clear instructions on how to access the platform, navigate the learning modules, use the available tools, and complete the training activities, in order to easily engage with the platform and benefit from the educational content developed within the BREAKS project.

2. Create your account

According to data protection, privacy policy, and GDPR compliance, the BREAKS e-learning platform processes personal data in accordance with applicable European regulations. Please notice that your personal data are handled securely, transparently, and solely for purposes related to platform use, and that full details are available in the dedicated privacy policy.

Click on the following link to create your account:
https://project-spaces.eu/breaks/login/
Then click on “Create new account” as shown in Figure 1a below.

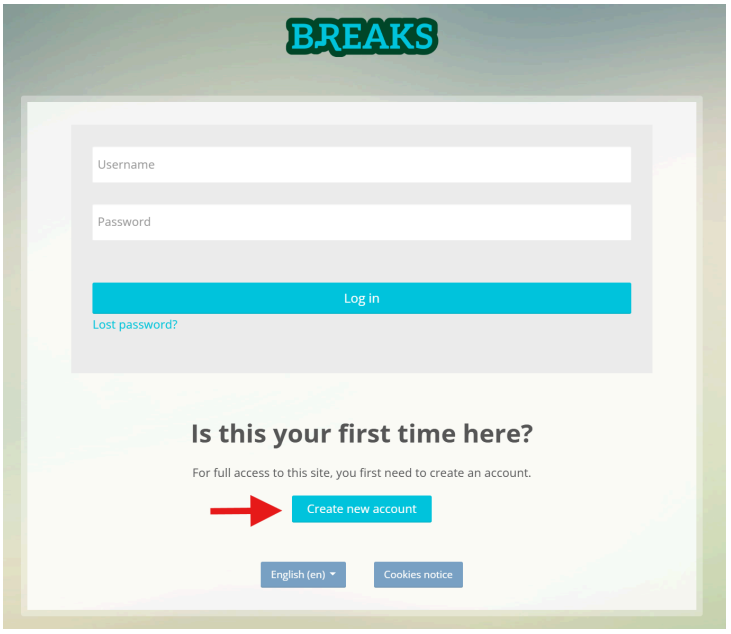


Figure 1a. Create new account page

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You can also directly create an account by clicking “Create new account” on the upright corner of the screen, once you enter the platform (Figure 1b).

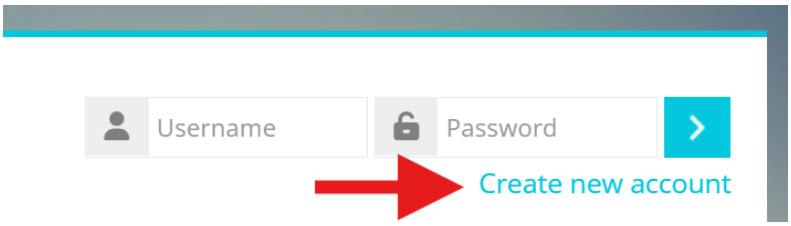


Figure 1b. ”Create new account” button

You will reach the page to enter your information and create your account (Figure 2) and click on “Create my new account” to finalise the process.

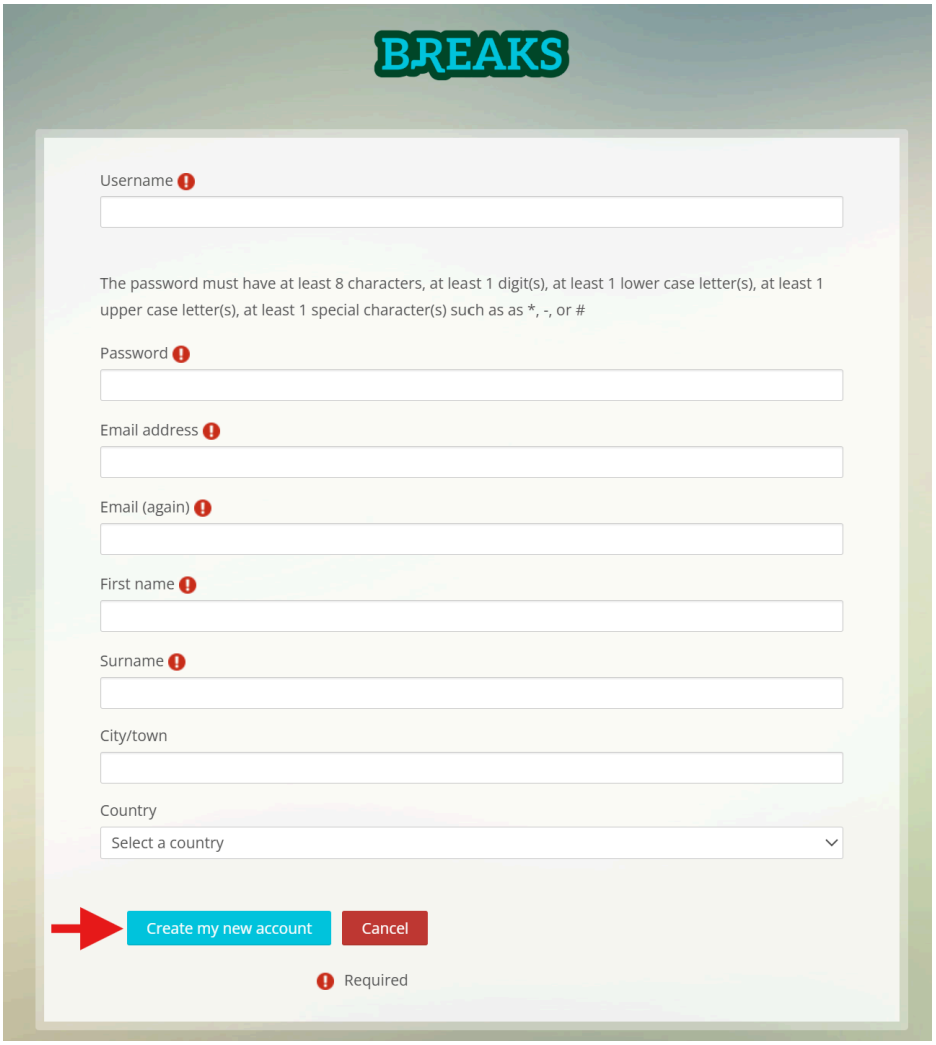


Figure 2. Account creation page

You will receive an email to confirm your registration. Then you can login to the BREAKS eLearning platform by following the next step.

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BREAKS

2. Login

To login to the BREAKS eLearning platform account follow this link:

https://project-spaces.eu/breaks/.

Then enter your username and password used while creating your account in the credential boxes in the upper right corner of the website (Figure 3).

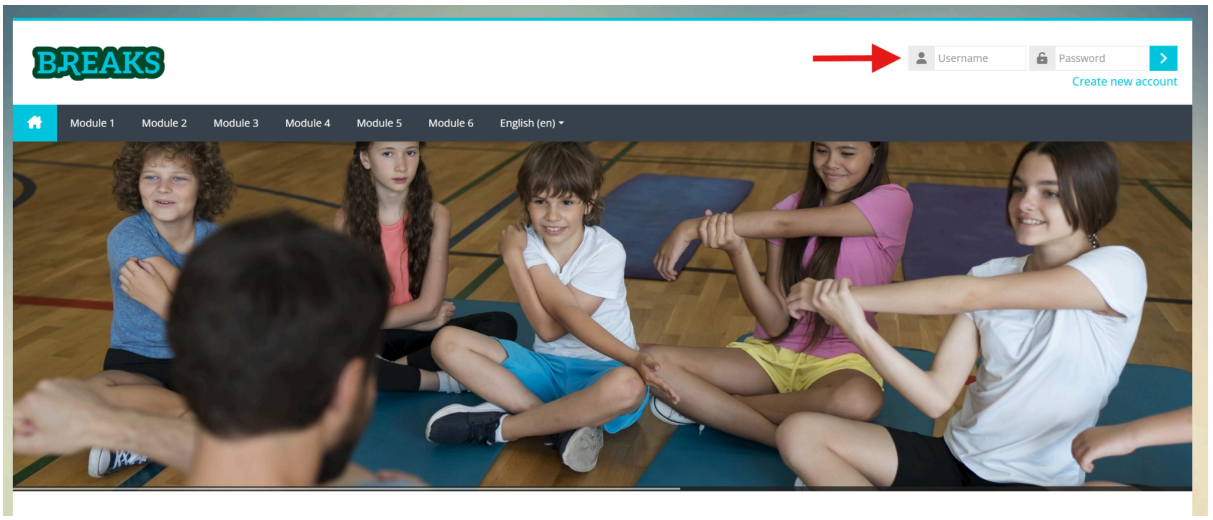


Figure 3. Login

You are now logged in to the e-platform!

3. Self-enrolment to a module

Once you are logged in the platform, in the menu bar, you can click on the module you want to enrol to (Figure 4).

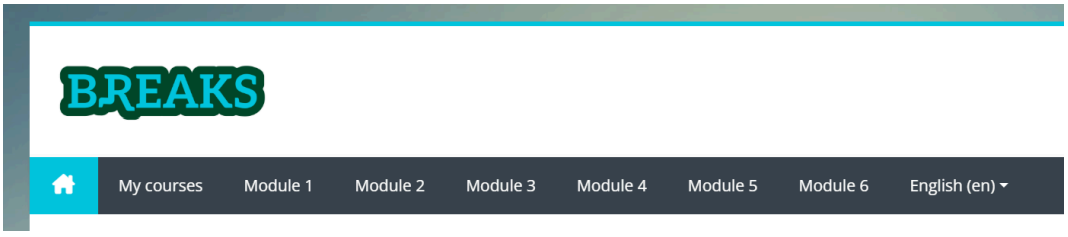


Figure 4. Menu bar

Once you click on a course, you can then click on “Enrol me” to enrol and have access to the module content (Figure 5).

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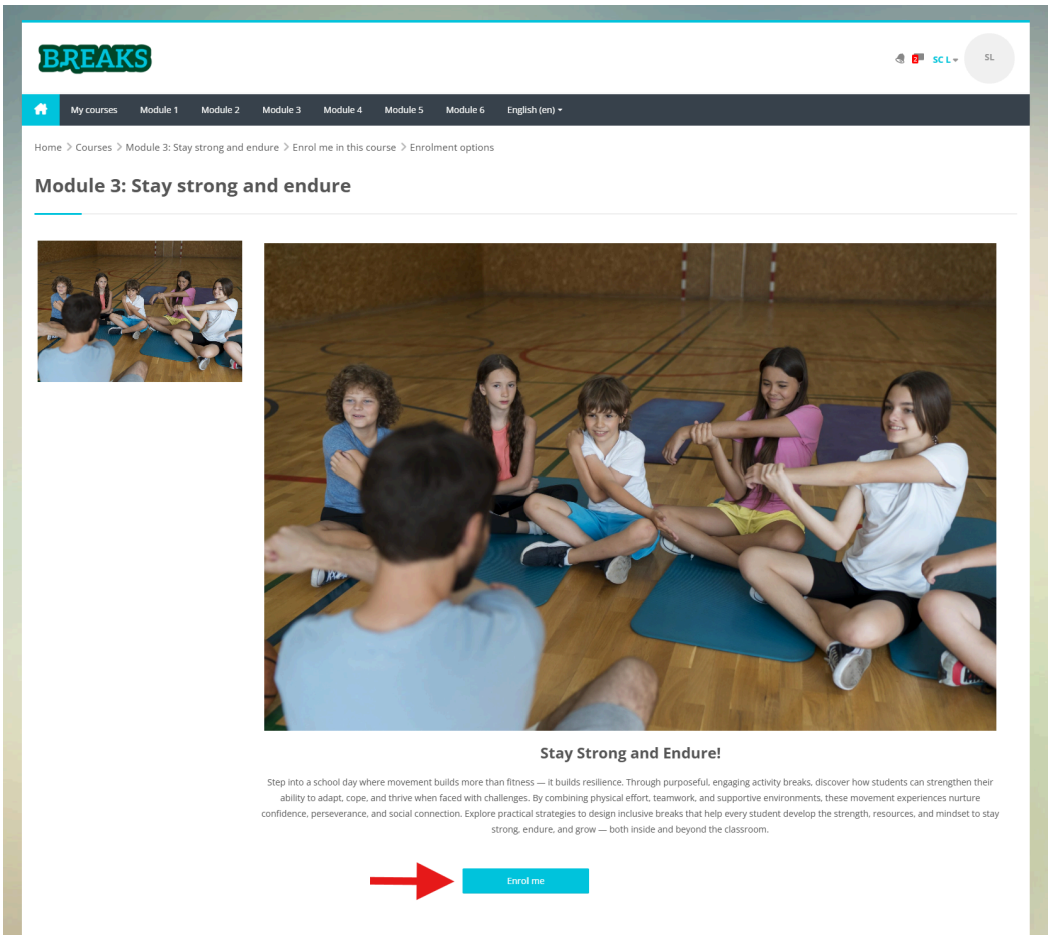


Figure 5. Self-enrolment to a module

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4. Content and messaging

You are now enrolled in the module. You have access to the entire content and can test your knowledge using the quiz in the “Let’s see what you’ve learnt” section (Figure 6). You now have the possibility to click on the “My courses” button in the menu bar to have the list of the modules you are enrolled in.

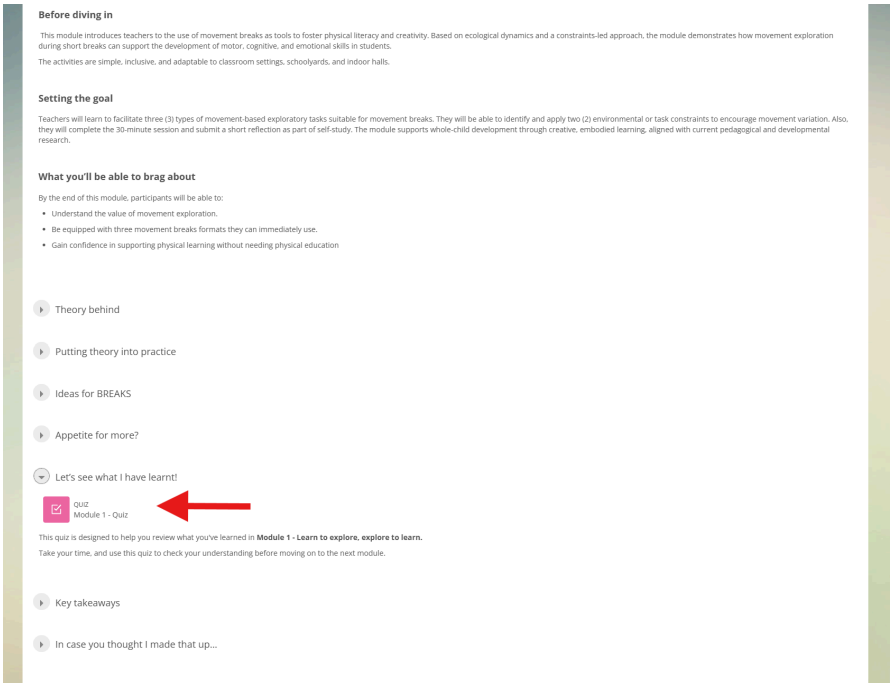


Figure 6. Content of a module and Quiz

Finally, in the upright corner of the screen, next to your name, you can find the messaging button to be able to exchange with the other students following the course and teachers (Figure 7). Once you click, you can use the search bar to find the name of the person you want to contact through the chat and then send him or her a message instantaneously.

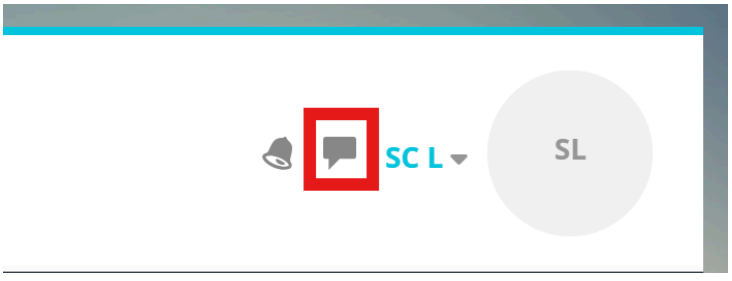


Figure 7. Messaging

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5. Inclusion and accessibility

The BREAKS e-learning platform has been designed to support inclusive and accessible learning for a diverse range of users, including teachers, educators, school staff, and other education professionals across Europe. The platform provides flexible online access to learning materials, allowing users to engage with the content at their own pace and according to their individual learning needs and schedules.

To promote accessibility and wider participation, the platform includes multilingual content and a variety of learning formats, such as written materials, practical resources, and quizzes. The structure of the platform is intended to facilitate easy navigation and user-friendly access to training modules and educational resources.

The platform has a set of accessibility tools (Figure 8) permitting users to zoom the text in and out for easier reading possibilities; switching the interface to a high contrast so the text is more comfortable to read; changing to a dyslexia font; and a reading ruler to help focus on the text.

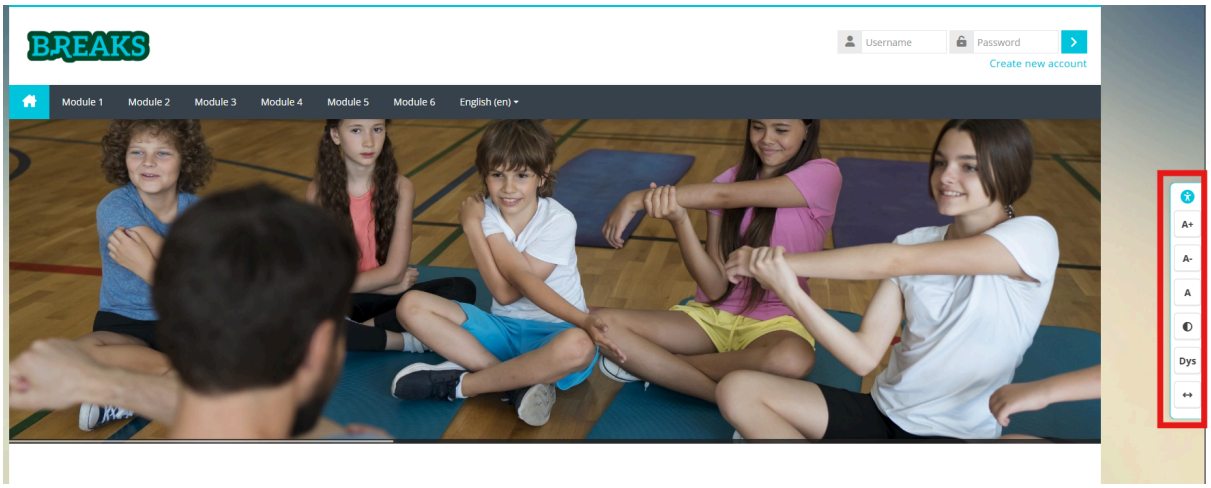


Figure 8. Accessibility tools set

These features aim to support equal opportunities for participation and ensure that users from different backgrounds and contexts can effectively benefit from the BREAKS learning experience.

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6. Structure of the modules

The BREAKS learning modules are designed to provide a flexible yet structured learning pathway for users. Each module focuses on a specific theme related to the implementation of movement breaks in educational settings and is organised into clearly defined sections that guide the learner through the content step by step.

Modules can generally be followed independently, allowing users to select topics most relevant to their needs.

Each module has the same structure (Figure 9):

1. An **introduction** to the module
2. **Theory behind**, that develops the theoretical framework of the module
3. **Putting theory into practice**, indicating the link between the theoretical framework and the practical application of the breaks.
4. **Ideas for BREAKS**, giving concrete and actionable examples of breaks to put in place in the classroom. Only module 5 doesn't have this section as it focuses on pedagogical and implementation strategies of the breaks shared in the other modules.
5. **Appetite for more?**, giving additional resources to consults related to the module content.
6. **Let's see what I have learnt!**, offering the possibility to test the knowledge acquired during the module through a quiz.
7. **Key takeaways**, which is a summary of the important aspects introduced in the module
8. And finally, **In case you thought I made that up…** are the references that have been used and cited throughout the module.

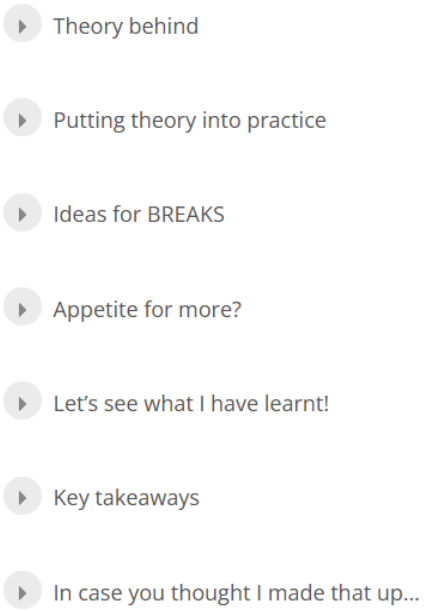


Figure 9. Module structure

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7. Progression

The estimated completion time varies depending on the module, but most modules are designed to be completed in approximately 30 to 90 minutes. Users are encouraged to progress at their own pace and may pause and resume learning at any time. In order to follow your progression, you can “Stamp [your] BREAKS Journey” and see through the BREAKS Journey Progress bar the percentage of the module already explored (Figure 10).

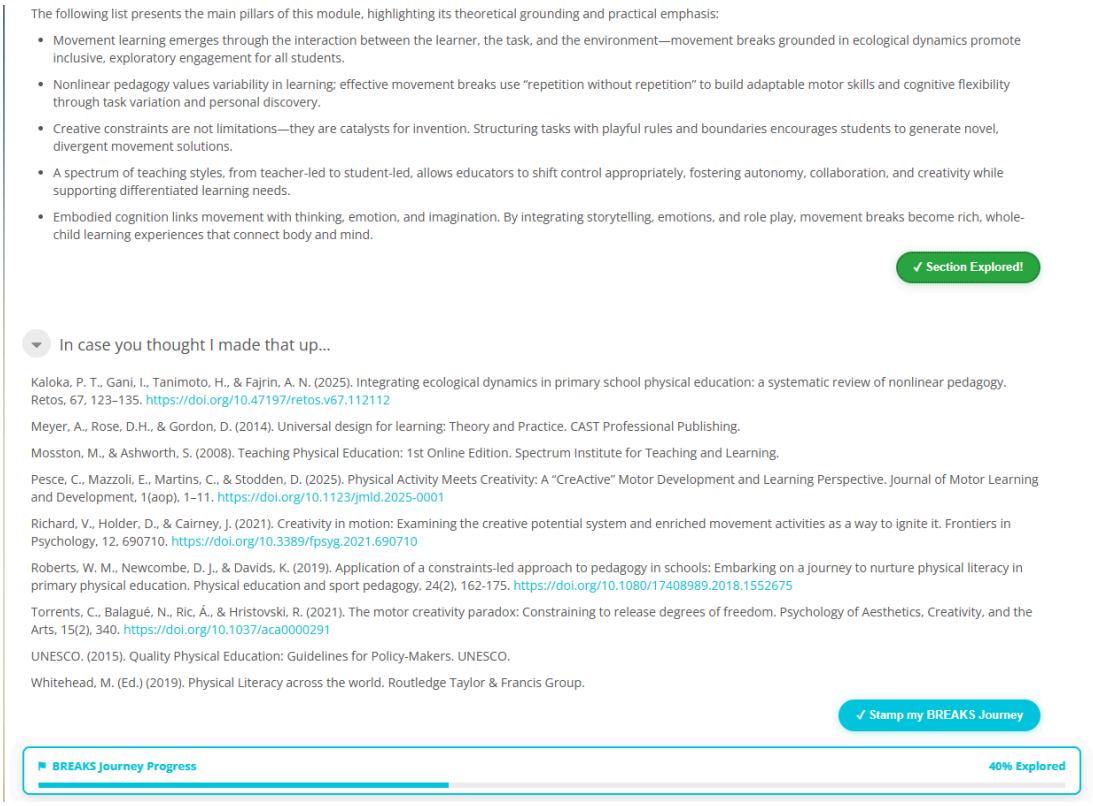


Figure 10. Module progression

Module completion is based on engagement with all core learning components. This includes the completion of the quiz and stamping all the journey. Once all required elements are fulfilled, the module is automatically recorded as completed within the platform.

At the end of each module, once the quizzes are completed, they will be marked as done. Once you have marked all six modules, you will be able to download and print the BREAKS certificate (Figure 11), which will be automatically filled with your name and date of completion.

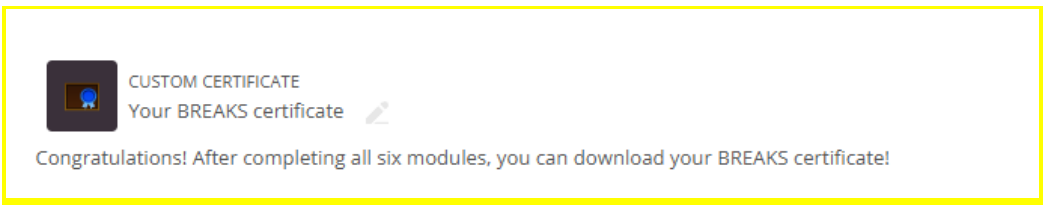


Figure 11. BREAKS certificate

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This structure ensures both flexibility and coherence, allowing users to tailor their learning experience while still achieving the intended learning outcomes of the BREAKS training programme.

8. Technical Requirements and Troubleshooting

To ensure optimal use of the BREAKS e-learning platform, users are advised to access the platform using an up-to-date web browser such as Google Chrome, Mozilla Firefox, Microsoft Edge, or Safari. For the best user experience, it is recommended to avoid outdated browser versions, as these may affect the display and functionality of certain interactive elements.

The platform is designed to be compatible with a range of devices, including desktop computers, laptops, tablets, and smartphones. However, for full access to learning materials and activities, a desktop or laptop computer is recommended. A stable internet connection is required to ensure smooth navigation, particularly when accessing multimedia content or completing interactive tasks.

In case of technical difficulties, users are encouraged to first check their internet connection and refresh the page or try accessing the platform using a different browser. For login-related issues, such as forgotten passwords, users should use the password recovery function available on the login page. Clearing the browser cache or disabling browser extensions may also help resolve access problems.

If issues persist, users should contact the platform support team <proposals@infinitivitydesignlabs.com> or their designated project contact point for further assistance. Providing a clear description of the issue, along with information about the device and browser used, will help facilitate timely support.

Have a good learning journey with BREAKS!

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