

STEM from Home Pack 4

Sport & Healthy Living

The fourth pack in this series focuses on sport and healthy living, aiming to encourage everyone to enjoy sport and live a healthy lifestyle, especially during these challenging times. Your tasks are to code your own sports games, create a healthy living poster for children and develop your own home exercise routine!

This week's activity – Scratch Cat Goes Skiing

Introduction

In this activity, you will use Scratch to create a skiing game in which you have to avoid randomly appearing obstacles to score points.

[Access this activity](#)

What you will need

A computer capable of running Scratch and Scratch 3 software (either [online](#) or [offline](#)).

What you will learn

In this activity, you will learn how to control sprites using a keyboard, how to draw a background and how to animate a sprite.



This week's bonus activity – Create a Healthy Living Poster for Children

When we think of health, we often think of eating fruit and vegetables and getting enough exercise. While true, there are other aspects of health that we need to consider, including mental health and the relationships that we have with friends and family.

This week's competition is to create a poster for children, giving them information on how they can live a healthy lifestyle. The poster should be no more than one side of A4 and can be drawn by hand or produced digitally.

Posters can focus on any area of health, suggested topics include:

Exercise

Relationships & Communication

Food & Diet

Social Life

Mental Health



This week's active activity – Home Exercise Routine

This week's active activity focuses on a very important aspect of health - exercise! Now more than ever, it is important that we remain active and exercise on a daily basis in order to support our physical and mental health. Exercise not only helps you to remain healthy and lowers risks of health complications and disease, but also releases chemicals called 'endorphins', which help to improve your mood and positively influence your state of mind.

Your challenge is to create an exercise routine for you and your family that can be completed either indoors or in the garden.

Include a variety of exercises that will get your heart rate up and your blood pumping! Consider exercises that include as many different body parts as possible, making sure to stretch before and afterwards to avoid any injuries!

Please ensure that you have authorisation from everyone involved if sharing pictures/videos on social media.



Ask your parent/Guardian to upload pictures of your STEM creations to [Twitter](#), [LinkedIn](#) or [Facebook](#) using [#STEMfromHome](#) and [#ExperienceCGI](#), remember to tag us!