



# 01 Activity Guidance and Instructions

- 1 THE SET POSITION
  - MAKE A 'C' SHAPE
  - HOLD OUT YOUR HANDS
  - BOB UP AND DOWN
- 2 THE K POSITION
  - MAKE YOUR HANDS INTO A CUP.
  - EXTEND ONE LEG DOWN TO THE GROUND
  - WITH YOUR OTHER LEG, PUT YOUR FOOT TO THE GROUND WITH CALF AND KNEE UP
  - PUT YOUR HANDS IN THE CUP POSITION
- 3 DECISION MAKING
  - IF HIGH...
  - IF MIDDLE...
  - IF LOW....
  - DIVING LEFT....
  - .... OR DIVING RIGHT?
- 4 RUN OR STOP
  - WHEN YOUR HEAR "RUN" ...
  - .... KEEP "RUNNING".
- 5 WORKOUT
  - LAYOUT YOUR FOR CONES
  - DRIBBLE AROUND THE CONES
  - KICK IT RANDOMLY OR SHOOT
- 6 DESIGN YOUR 'OWN' WORKOUT
  - BE CREATIVE
  - WRITE A FLOWCHART

**KEEPING SAFE** **COMPUTING IN SPORT**

BE CAREFUL OF THE SPACE AND THE PEOPLE AROUND YOU, ESPECIALLY IF DOING THIS INDOORS.

...AND REMEMBER TO KEEP HYDRATED.

WHERE DOES COMPUTER SCIENCE IMPACT IN SPORT?

# 02 Computer Science\*

**LOOP** A block of code repeated automatically under the program's control.

**SEQUENCE** To place program instructions in order, with each executed one after the other.

**REPETITION** Executing a section of computer code a number of times as part of the program.

**SELECTION** A programming construct in which one section of code or another is executed depending on whether a particular condition is met.

**VARIABLES** A way in which computer programs can store, retrieve or change data, such as a score, the time left, or the user's name

**LOGIC** Working step-by-step to understand a problem and develop a solution. It describes the decision-making process used in programming and writing algorithms.

# 03 IT Skills\*

**INPUT** Data provided to a computer system, such as via a keyboard, mouse, microphone, camera or physical sensors.

**PROCESS** An instance of a computer program that is being executed. It contains the program code and its activity. While a computer program is a passive collection of instructions, a process is the actual execution of those instructions.

**COMMAND** An instruction for the computer to execute, written in a particular programming language.

**MAINTENANCE** The processes needed to sustain an IT product throughout its operational life cycle. This also includes training and other daily actions used to provide support

# 04 Links to additional resources and activities

- A** COMPUTING AT SCHOOL HOME LEARNING <https://www.computingatschool.org.uk/homelearning>
- B** BAREFOOT COMPUTING (including unplugged activities involving sport) <https://www.barefootcomputing.org/>
- C** HOME LEARNING RESOURCES FROM PARTNERS
  - Raspberry Pi Foundation <https://www.raspberrypi.org/learn/>
  - NCCE <https://teachcomputing.org/home-teaching/>
  - STEM Learning <https://www.stem.org.uk/home-learning>.
- d** SPORTING PROJECTS
  - Code.org (Create your own Sports Game) <https://studio.code.org/s/sports/>
  - BBC - Cracking the Code (Create a driving simulator) <https://www.bbc.co.uk/programmes/p016j4g5>

\* Some definitions taken from Quick Start Computing Guide - <https://community.computingatschool.org.uk/files/8220/original.pdf>