



FITNESS CHALLENGE

COACH'S KIT

3

FAST-PACED
ACTIVITIES
TO GET YOU
MOVING - - - - -



SWOLE PATROL W/ CRASH

TEACHER TOOLS

- ▶ SCORE TRACKER
- ▶ SUBMISSION FORM
- ▶ CHALLENGES
- ▶ RULES
- ▶ LINKS

**& HELPFUL
HINTS!**

FALL FITNESS CHALLENGE

CRASH. WANTS. TO. PUMP. YOU. UP!

Lately, he's been sitting in front of his laptop, doing video call after video call. His butt hurts! His brain is full! The solution? **GET SWEATY WITH STEM!**

Coach Crash has three weeks of fun activities to help your students get up and move. You don't need to be a super-duper athlete to participate (looking at you, Bloopers)—you just need to move your body and have fun!

In fact, you and your students can do these exercises any time, but if you do it during November 2020 with your school, you have the chance to win a GOLDEN SPLAT. That's right! GOLDEN. Like a crown, or a really crispy french fry, but one you can stomp on!

Are you ready? LET'S ~~CODE~~ **GO!**

EVERYTHING YOU NEED TO SUCCEED

This is your one-stop-shop for everything you'll need to be successful. Links provided below are embedded throughout this document for easy navigation, but they also all exist **[RIGHT HERE!](#)**

TEACHER WEEKLY CHECKLIST	STUDENT WEEKLY CHECKLIST
<ul style="list-style-type: none">◊ Introduce the weekly activity (sign up for a workshop if you want help!)◊ Record Student Scores with the handy, auto-calculating <u>CLASS TRACKING SHEET</u>.◊ Submit final scores to Coach Crash; submission forms are linked in each activity!◊ Check the fitness challenge <u>WEB PAGE</u> to see if your school made the scoreboard.◊ (OPTIONAL) Tweet us @unruly_studios #fallfitnesschallenge	<ul style="list-style-type: none">◊ Build OR download the code for their workout.◊ <u>RECORD THEIR SCORES</u> (and attempts) for that week's exercise.◊ (OPTIONAL) Do the <u>FOUND ART CHALLENGE</u> to earn extra points!

Check out the scoring rules on the next page to learn how your school can earn bonus points!

WORKSHOP SCHEDULE

Week 1 > Wednesday, November 4th @5pm ET > **[REGISTER HERE](#)**

Week 2 > Tuesday, November 10th @5pm ET > **[REGISTER HERE](#)**

Week 3 > Wednesday, November 18th @5pm ET > **[REGISTER HERE](#)**

FALL FITNESS CHALLENGE

ACTIVITIES IN THIS PACK

- **WEEK 1: BUILDING A COUNTDOWN TIMER**
 - How many [AIR PUNCHES](#) can you do in 10 seconds?
- **WEEK 2: BUILDING A STOPWATCH**
 - How long does it take you to do 5 [BURPEES](#) (alternatively, 10 [MOUNTAIN CLIMBERS](#))
- **WEEK 3: BUILDING A FITNESS MACHINE**
 - Students build their own fitness machine that incorporates a 30-second timer and a 10-second countdown with 3 rounds of exercises
 - Round 1: [JUMPING JACKS](#) (30 seconds)—how many can you do? Record your high score!
 - Round 2: [CRUNCHES](#) (30 seconds)—how many can you do? Record your high score!
 - Round 3: [TOE TOUCHES](#) (timer)—how long does it take you to do 10 toe touches per side (20 total)? Record your high score!
- **BONUS: FOUND ART SCULPTURE CHALLENGE** —complete and submit photos for points!

SUBMITTING SCORES & POINTS

Fill out the score submission form linked at the top of every week's activity. Using the [CLASS TRACKING SHEET](#), plug-in your students' best scores next to their names and the sheet tallies everything up for you! Make sure you submit the form to Coach Crash each week and his Unruly team will total up the points you collected as explained below, and can be submitted at anytime throughout the month of November.

5 points: submitting a form each week of your students' high scores

5 points: for being the team with the highest average scores (compared to other schools that week)

4 points: for the team with the most average attempts (ask each student how many attempts it took them to get to their high score; we will then divide that number by the number of students on your team)

4 points: for being the team with the second-highest average score

1 point (bonus): for each photo or video uploaded to social media (please tag @unruly_studios)

1 point (bonus): for each video submission or photo emailed to the Unruly team (with permission for us to use on our social media)

2+ points (bonus): complete the Found Art Challenge and submit photos of student artwork [HERE](#). This can be done at any time throughout the contest. Student sculpture photos can be worth up to 10 points maximum per week!

COUNT OUT LOUD

WEEK ONE EXERCISE & TRACKING

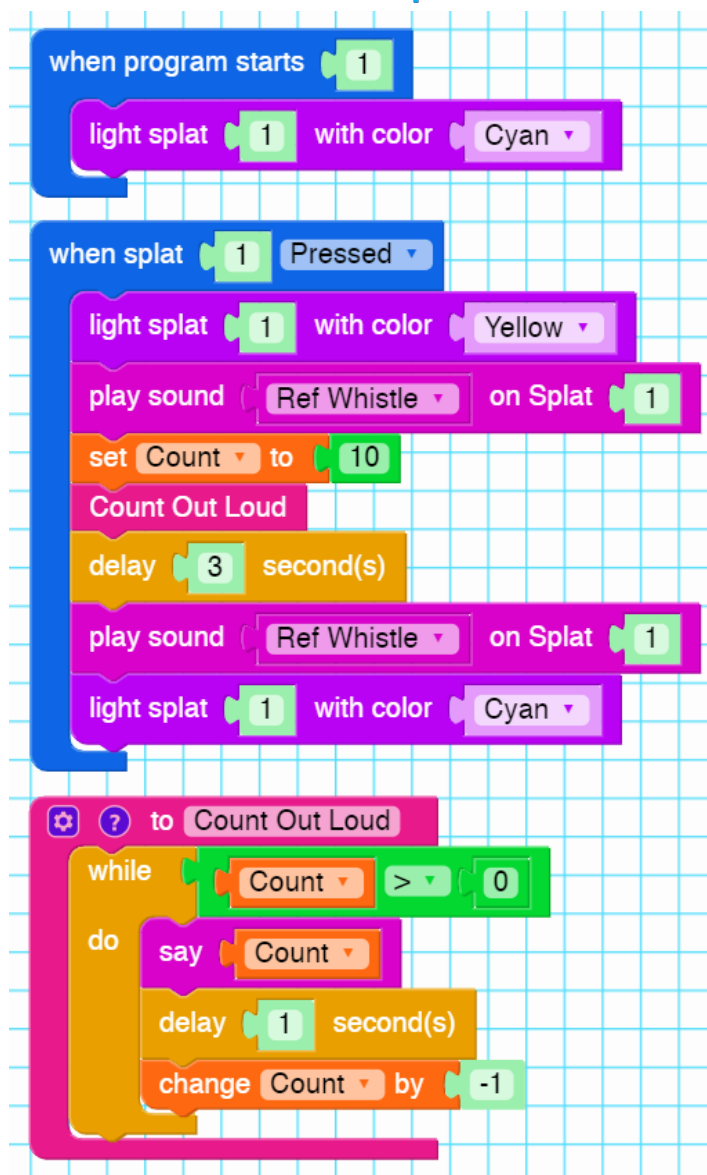
How many air punches can you do in 10 seconds? What are air punches? Just like they sound, punch the air! [DEMO VIDEO](#)

SUBMIT YOUR WEEK ONE SCORES. Don't forget to download our auto-calculating [CLASS TRACKING SHEET](#)!



Students should keep track of every attempt they make and their eventual high score for most **air punches in ten seconds!**

CODE BUILDING | HOW IT WORKS



In WEEK ONE, we start building our countdown timer that counts from ten—out loud for us to hear while we are doing our exercise.

We start by setting Splat 1's light to cyan, to show that it is our 'count out loud' button.

When we press Splat 1, it turns yellow, and plays a Ref Whistle sound to start our exercise. To count down from a number, we set a variable called 'Count' and start a function block called 'Count Out Loud' to perform our counting with a **say** block.

Inside our 'Count Out Loud' function, we use a while block, and a math block, to keep our blocks running as long as the Count variable is greater than zero. Inside that while block, we snap a Count block into our say block, add in a one second delay, and change the Count variable by negative one.

Our function now does this: while the count variable is greater than zero, it says that number out loud, waits one second, reduces the count variable by one, and starts over!

After we call our Count Out Loud function (inside our when Splat pressed block), we add a three-second delay, sound Ref Whistle—to let us know our time is up—and return the Splat to Cyan to 'show' it's ready to start again.

STOPWATCH - GO

WEEK TWO EXERCISE & TRACKING

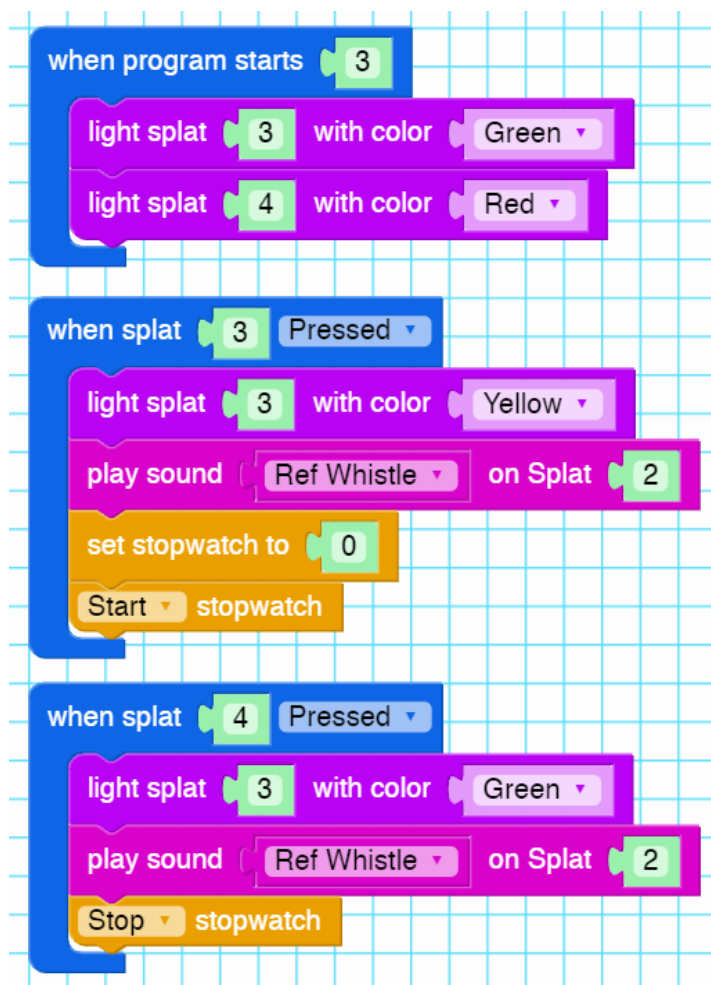
How long does it take to do FIVE burpees?? What are burpees?
One successful burpee is a push-up, followed by jumping up with hands in the air! [DEMO VIDEO](#)



SUBMIT YOUR WEEK TWO SCORES. Don't forget to download our auto-calculating **CLASS TRACKING SHEET.**

Students should keep track of every attempt they make and their **fastest five burpees!**

CODE BUILDING | HOW IT WORKS



In WEEK TWO, we start building our stopwatch that lets us see how long a set of exercises take to complete! We start by setting Splat 3's light to green and Splat 4's light to red, for START and STOP on our stopwatch.

When we press Splat 3, it turns yellow, and plays a Ref Whistle sound to start our exercise.

To start the stopwatch going, we set it to zero, and use a start stopwatch control block.

When we press Splat 4, it resets Splat 3 to green, plays another Ref Whistle to end our exercise, and stops the stopwatch!

FALL FITNESS CHALLENGE - WEEK THREE

FINAL COUNTDOWN

WEEK THREE EXERCISE & TRACKING

For WEEK THREE, students finish coding and use the whole fitness machine to take on three rounds of challenges.

In **ROUND 1**, they count how many **JUMPING JACKS** they can do in 10 seconds, and record their best score.

In **ROUND 2**, they count how many **CRUNCHES** they can do and record their highest score.

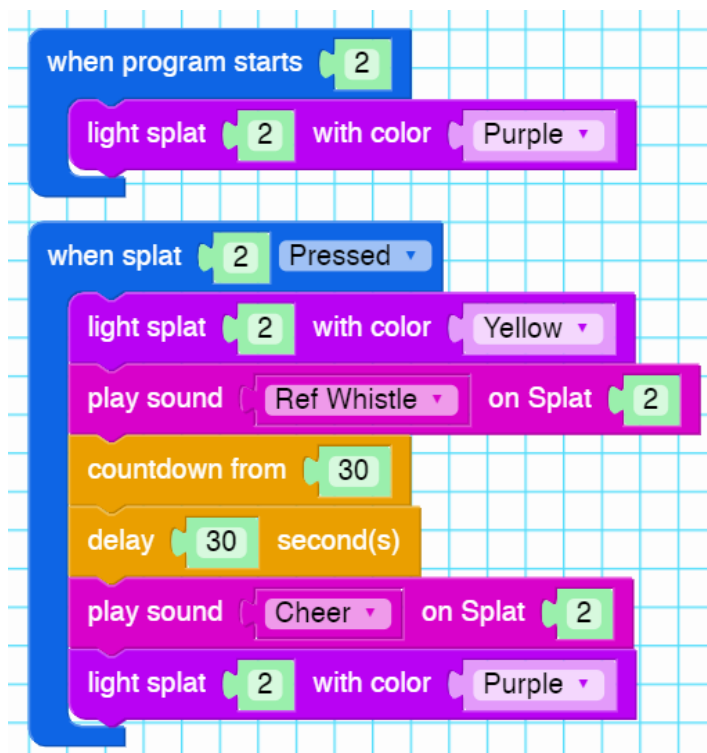
In **ROUND 3**, they time how long it takes them to do 10 **TOE TOUCHES** PER SIDE (20 total)!

SUBMIT YOUR WEEK THREE SCORES, and don't forget your **CLASS TRACKING SHEET**.

Students should keep track of every attempt they make and their **best time** and **highest scoring attempt**!



CODE BUILDING | HOW IT WORKS



In WEEK THREE's code we start building our thirty second timer!

We start by setting Splat 2's light to purple, to show that it is our 30 second countdown button.

When Splat 2 is pressed, it turns yellow and plays a Ref Whistle sound to show the 30 second timer has started.

From there, we use a countdown block, and a delay block, to start the stopwatch going down from 30, and pausing the program for that long.

When that timer reaches 30 seconds, we play a cheer sound, and set the Splat back to purple to show that it is ready to start again!

FITNESS CHALLENGE

UNRULINESS WALKING, AIR PUNCHES, BURPEES, JUMPING JACKS, CRUNCHES

GROUP SETUP ALL PLAYERS IN A SINGLE GROUP TAKING TURNS

Week 1: Building a countdown timer—how many **AIR PUNCHES** can you do in 10 seconds?

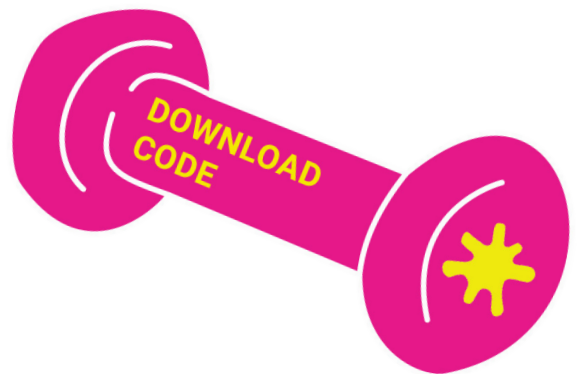
Week 3: Building a fitness machine—students will build their own fitness machine that incorporates a 30-second timer and a 10 countdown with 3 rounds of exercises.

Round 1: **JUMPING JACKS** (10 seconds)—how many can you do? Record your high score!

Round 2: **CRUNCHES** (30 seconds)—how many can you do? Record your high score!

Round 3: **TOE TOUCHES** (timer)—how long does it take you to do 10 toe touches per side (20 total)? Record your high score!

GAME RULES: SPLAT 1 IS YOUR COUNT OUT LOUD FROM 10, SPLAT 2 IS YOUR 30 SECOND COUNTDOWN, AND SPLAT 3 STARTS + SPLAT 4 STOPS, THE STOPWATCH.



FALL FITNESS CHALLENGE - FULL CODE
FINAL COMBINED CODE IMAGE

when program starts 1

light splat 1 with color Cyan

when splat 1 Pressed

light splat 1 with color Yellow

play sound Ref Whistle on Splat 1

set Count to 10

Count Out Loud

delay 3 second(s)

play sound Ref Whistle on Splat 1

light splat 1 with color Cyan

to Count Out Loud

while Count > 0

do

say Count

delay 1 second(s)

change Count by -1

when program starts 2

light splat 2 with color Purple

when splat 2 Pressed

light splat 2 with color Yellow

play sound Ref Whistle on Splat 2

countdown from 30

delay 30 second(s)

play sound Cheer on Splat 2

light splat 2 with color Purple

when program starts 3

light splat 3 with color Green

light splat 4 with color Red

when splat 3 Pressed

light splat 3 with color Yellow

play sound Ref Whistle on Splat 2

set stopwatch to 0

Start stopwatch

when splat 4 Pressed

light splat 3 with color Green

play sound Ref Whistle on Splat 2

Stop stopwatch

FULL SIZE IMAGE DOWNLOAD [HERE](#)

CLASS SCORE TRACKING SHEET EXAMPLE

<div><div><div><div>*EXAMPLE SHEET*</div><div>MAKE A COPY OF THIS SHEET AND USE TO TRACK STUDENT SCORES</div><div>STUDENT: LIST ALL PARTICIPATING STUDENT NAMES IN THE YELLOW COLUMN</div><div>ATTEMPTS: THE NUMBER OF TIMES A STUDENT ATTEMPTS THE CHALLENGE</div><div>HIGH SCORE/BEST TIME: THIS IS THE BEST SCORE/TIME A STUDENT ACHIEVES OUT OF ALL THEIR ATTEMPTS</div><div>ENTER THE NUMBERS FROM THE GREEN BOXES IN THAT WEEK's SCORE SUBMISSION FORM (LINKED IN THE ORANGE BOX)</div></div></div></div>			CLASS AVERAGE (ATTEMPTS)	CLASS AVERAGE (HIGH SCORE)
STUDENT	# OF ATTEMPTS	HIGH SCORE		
Maria G.	7	27	6.1	29.4
Ben W.	12	32		
Xavier H.	5	27		
Sushmitha D.	4	40		
Leah W.	8	22		
			SUBMIT THE NUMBERS IN THE GREEN BOXES HERE!	
Nova Lee H.	3	39		

FITNESS CHALLENGE BONUS ACTIVITY

FOUND ART SCULPTURE

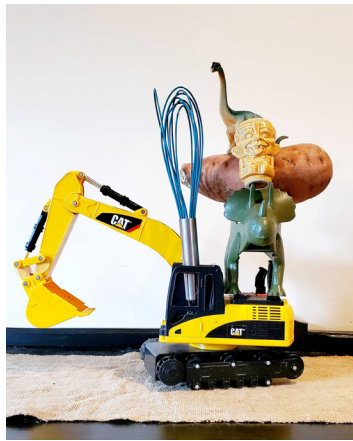
GRADE LEVEL CODE - GRADE 6-8 **GAME PLAY** - ALL AGES!

UNRULINESS WALKING, RUNNING, SEARCHING, *INTENSE ARTFUL CONSIDERATION*

SPLAT SETUP ONE DEVICE AND 2+ SPLATS FOR ANY NUMBER OF PLAYERS

GROUP SETUP SINGLE PLAYERS OR GROUPS CREATING SCULPTURES

INTRODUCTION



FOUND ART SCULPTURE describes artwork made from objects not commonly used in art making. These objects are arranged in interesting ways while still remaining recognizable, meaning the artist does little to change how they look.

Take a look at these sculptures created using found art. Notice how the artists create something new and exciting with just a few objects!

Today, you'll be making your own found art sculpture with some help from Splats. We'll be using a stopwatch to help us make quick decisions, some sounds to keep us on track, and random colors to help us choose objects!

GAME SUMMARY

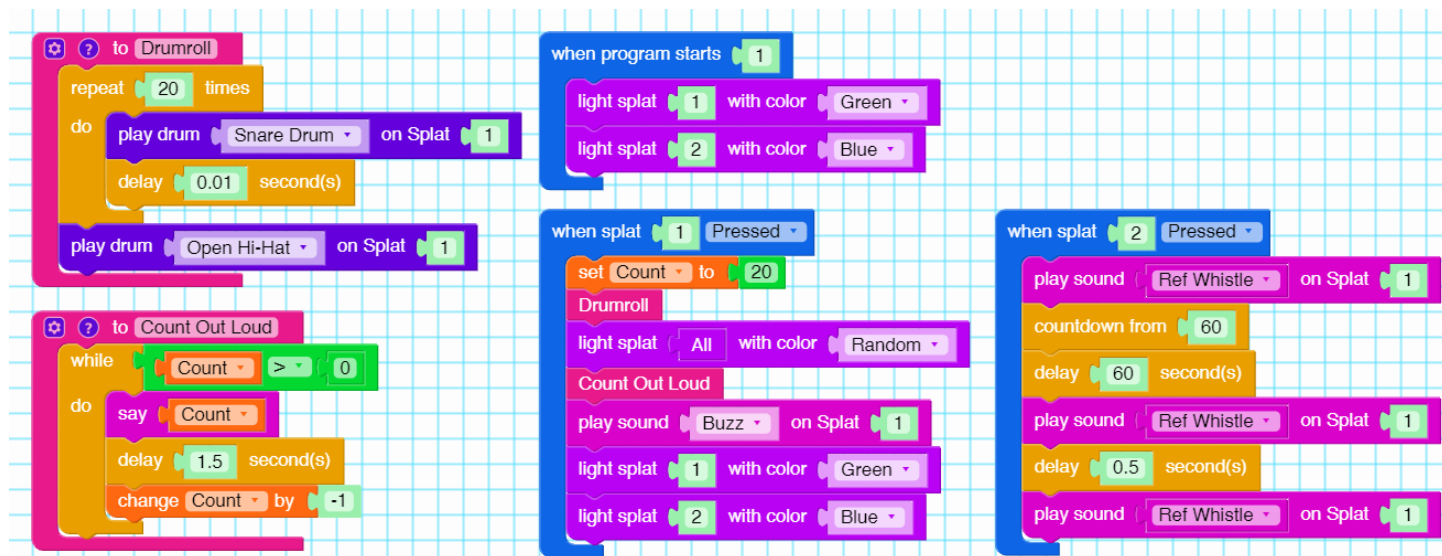
Press Splat 1 to start the drum-roll and countdown. Once you hear the cymbal, quickly find an object that matches the color of Splats on your screen. Remember, you are building a sculpture, so pick objects that you want to include in your artwork!

Press Splat 1, five or more times, and gather objects until you're ready to sculpt. Press Splat 2 to start your countdown timer for sculpting!

GAME RULES: SPLAT 1 IS YOUR COUNT OUT LOUD FROM 20, SPLAT 2 IS YOUR 30 SECOND COUNTDOWN TIMER TO BUILD YOUR MASTERPIECE!

FOUND ART SCULPTURE

CODE IMAGE | HOW IT WORKS



To start, we set up two functions: *Drum-roll* and *Count Out Loud*. *Drum-roll* quickly repeats a **drum sound**, and ends with a cymbal to start the game! The *Count Out Loud* function uses a variable, we've called **Count**. This **Count variable** is used in the function to tell the **say** block what to do, and keep track of what number it is on.

In our **when Splat 1 pressed** block, we start our **Count variable**, call our *Drum-roll* function, and **light all** of our Splats a random color to show what color object you need to grab. After the random color is set, we call our *Count Out Loud* function to let us hear how long we have to search. After the counting function ends, a **buzz sound**, and return to our starting lights lets us know our search time is up!

For our Splat 2 block, we set up a simple 60-second timer, with **Ref Whistle sounds** at the start and the end of the countdown. Note, the **countdown** block as we are using it here also needs a **delay** block of the same value!

VIRTUAL SPLAT APP SETUP

