

STEAM & Sports

Newsletter n°1



Welcome: Are you a middle school student, STEAM educator, sports teacher, or parent who wants their children to learn through movement?



New: **STEAM and Sports mobile application, an educational app that includes six interactive lessons that connect STEAM and Sports**



Upcoming Events: Hands-on experiences in schools.



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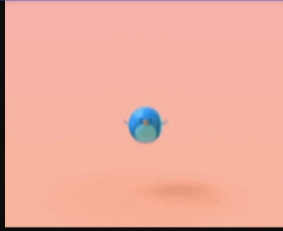




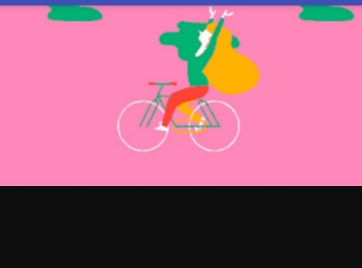
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Why You'll Love It!

Our educational app includes six interactive lessons that connect STEAM and Sports

<p>Under Pressure ⋮</p> 	<p>Shoot for the Stars ⋮</p> 	<p>The Human Body in Action ⋮</p> 
<p>Start Screen Lesson Menu Lesson Activity</p>	<p>Start Screen Lesson Menu Lesson Activity</p>	<p>Start Screen Lesson Menu Lesson Activity</p>
<p>Short description</p> <p>In this activity, students explore how the air pressure inside a football affects its bounce height. They will drop footballs with different internal pressures from a set height, recording the bounce height after each drop. Students will accurately measure and analyze the results to understand the relationship between pressure and bounce height. Students connect physics principles to real-life sports scenarios, deepening their understanding of motion and pressure.</p>	<p>Short description</p> <p>In this activity, students investigate the physics behind motion in sports, focusing on how velocity, angle, and gravity impact movement. By experimenting with ball trajectories, they will analyze real-world applications of motion equations. Using data collection and calculations, students will connect physics concepts to athletic performance and apply motion equations to understand how angle, force, and gravity influence movement.</p>	<p>Short description</p> <p>In this activity, students explore how their heart, lungs, and muscles respond to physical effort. They measure their heart rate before and after exercise, observe how their breathing changes during deep relaxation, and reflect on muscle sensations during stretching. Through these real-life experiences, students discover how body systems work together to support movement, manage energy, and maintain overall health.</p>
<p> ○ <</p>	<p> ○ <</p>	<p> ○ <</p>
<p>Eat Smart ⋮</p> 	<p>Fit Math ⋮</p> 	<p>Green Stadium Trips ⋮</p> 
<p>Start Screen Lesson Menu Lesson Activity</p>	<p>Start Screen Lesson Menu Lesson Activity</p>	<p>Start Screen Lesson Menu Lesson Activity</p>
<p>Short description</p> <p>In this activity, students explore the crucial role mathematics plays in both sports and nutrition. They calculate their Basal Metabolic Rate (BMR) and estimate daily energy needs to gain insight into how the body uses energy based on different levels of physical activity. Just like athletes need proper fueling for peak performance, students see how math becomes a practical tool for improving health and athletic outcomes beyond the classroom.</p>	<p>Short description</p> <p>In this activity, students explore the connection between math and their physical performance. They measure key physical abilities—such as strength, speed, endurance, and balance—and collect real data about their bodies. Using mathematical tools like averages and graphs, they gain insight into their current fitness levels and identify ways to improve. The experience supports smarter training decisions, similar to strategies used by professional athletes.</p>	<p>Short description</p> <p>In this activity, students explore how traveling to sports events impacts the carbon footprint of the sports world. Using real data and calculations, they analyze the environmental impact of different transport methods such as cars, buses, trains, bicycles, and planes, and evaluate their environmental effects. The activity encourages students to reflect on their travel choices and create ideas for more sustainable and eco-friendly sports experiences.</p>
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