



STEM Crew for Summer Schools

www.stemcrew.org

- STEM Crew provides free digital resources that can enhance your programme using exciting elite sports to engage young people.
- Combining short films, hands on activities and guides on how to try new activities, our resources are perfect for use in groups.
- Download our free, editable content to slot into your existing Summer School timetables.

Get active

Get up and have some fun as you try your hand at [Ultimate Frisbee](#), [running as fast as Eliud Kipchoge](#), a record-breaking marathon runner, running your own [EURO 2020 football festival](#).

Health and nutrition

Improve the knowledge and awareness of healthy eating by getting young people to:

- [Plan a balanced meal for a footballer](#)
- [Explore what it takes to fuel the human body to run a sub two-hour marathon](#)
- [Look at how sailing teams build their diets to stay fit and healthy](#)

Developing resilience and character

Whilst they may not have come home from New Zealand with the America's Cup this year, Sir Ben Ainslie and the British team, INEOS TEAM UK, can teach us a lot about important life skills. Our resources include real-life examples and workshops on:

- [Communication skills](#)
- [Resilience](#)

Reassuring young people about Covid

Consider how we can continue to reduce the risk of illness, including Covid, through adopting an approach used by professional sports stars, such as Lewis Hamilton.

Our [ZERO days](#) programme includes activities to support young people to think about teamwork, to look after each other and to learn about managing risks. As well as resources on the biology of viruses and vaccines.

Relive the magic of EURO 2020

Looking for activities that will support with curriculum catch up and character development, but that are still bags of fun and involve a virtual train trip around Europe? [Check out these resources developed in conjunction with The FA.](#)

For more information, and to sign up for free, visit www.stemcrew.org