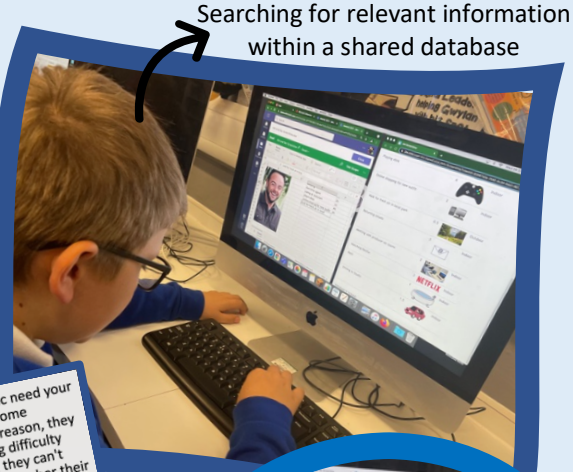


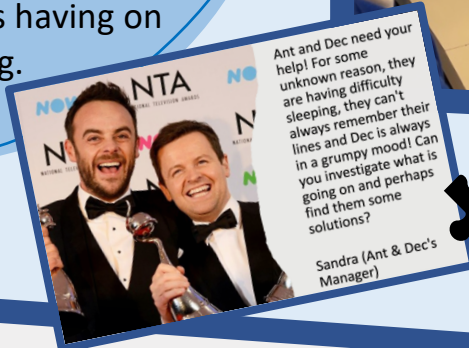
# Key question: Suggest Ways we can help someone balance screen time

Pupils were tasked with Investigating why both Ant and Dec were experiencing a range of problems, such as trouble sleeping, concentrating and low mood. Pupils interrogated a collaborative database which showed the breakdown of their day. Pupils transferred key information onto an Excel spreadsheet where they could clearly see how much time was being spent in front of a screen and the impact this was having on their overall wellbeing.



Searching for relevant information within a shared database

Learning how to work on two apps on split windows



Ant and Dec need your help! For some unknown reason, they are having difficulty sleeping, they can't always remember their lines and Dec is always in a grumpy mood! Can you investigate what is going on and perhaps find them some solutions?  
Sandra (Ant & Dec's Manager)



Activity	Duration
sleeping	8
walk	4
outdoor shopping	2
walk the dog	0.5
emails	3
meeting online	2
netflix	2
bath	2
drive	1.5
nap	0.5

Using formula to total a column and create a range of graphs

Work example, transferred data from the database, using formulae to work out total number of hours in front of screen

## App Flow



## DCF

### Citizenship

I can understand the importance of balancing game and screen time with other parts of my life  
I can identify the wider positive and negative influences of technology

### Data & Computational Thinking

I can construct, refine and interrogate data sets within tables, charts, spreadsheets and databases to test or support an investigation.  
I can use a range of spreadsheet formulae, e.g. + / x, sum, average, max, min.

