

# Leisure: Sport and Exercise

Leisure activities are things that people enjoy doing in their spare time.



Agência Brasil Fotografias, CC BY 2.0, via Wikimedia Commons

This could be things like:

- Watching films or TV
- Visiting places
- Sport or exercise
- ...and lots more.
- Playing games
- Listening to music
- Reading for pleasure

## The Sustainable Development Goals

The 17 Sustainable Development Goals (SDGs) were adopted by the United Nations in 2015 as a call to “end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity”.

You can find out more here:

<https://www.undp.org/sustainable-development-goals>

## Leisure and the Sustainable Development Goals

Leisure is a key part of SDG 3, **Good Health and Well-being**. This means:

- Making sure people have healthy lives
- Supporting well-being for everyone

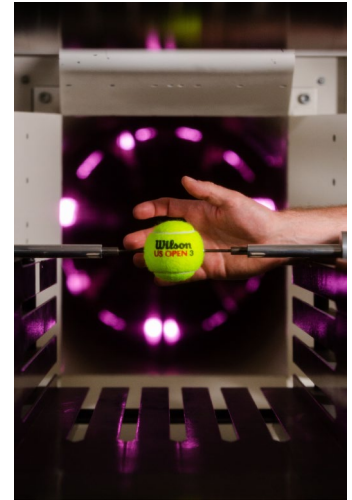
Leisure activities such as exercise are an important part of this!

# Engineers: Making tennis accessible and sustainable

Sports engineer James works to make tennis more accessible, so that everyone can enjoy it.

This includes:

- Making balls bounce slower to help children learn
- Developing equipment for blind players.



Male sports engineer tests tennis equipment. © This is Engineering. Used under [CC BY-NC-ND 2.0](#) via [Flickr](#).



Sports engineers monitor tennis footage. © This is Engineering. Used under [CC BY-NC-ND 2.0](#) via [Flickr](#).

James also researches how to make tennis more sustainable.

For example:

- Making new tennis court surfaces from old tennis balls.
- Reusing old tennis balls for training police dogs.

# Engineers: Making sports cars more sustainable

Mechanical engineer George designs Extreme-E race cars with Sir Lewis Hamilton's electric racing team, making race cars faster, better, and more sustainable.



Male mechanical engineer designs electric vehicles. © This is Engineering. Used under [CC BY-NC-ND 2.0](#) via [Flickr](#).



Specialist automotive technicians like Georgia service sports cars, which helps to keep them running efficiently.

The motorsport industry is taking steps to become more sustainable, such as using **electric cars**, **biofuel** and fuel made from **waste**. What else could they do? How could engineers help?

## Community sports and sustainability

Moving, sport and physical exercise help to keep people healthy.

Community sports facilities help in various ways, including:

- Providing opportunities for people to be active
- Making exercise more available for people
- Shared resources are more efficient than everyone having their own equipment (which lots of people aren't able to do)
- People can come to together, make friends and build their communities.

# Minecraft Challenge

Create a community sports resource.

Here are some things to think about in your design:



- Will it be:
  - A piece of equipment?
  - A place?
    - Will it be indoors, outdoors, or both?
  - Both?
  - Something else?
- How will people use it?
- How much space will it take up?
- How can you make your community sports resource sustainable?

Our session on **Active Design** might help you make sure your resource is sustainable.

Not an official Minecraft resource. This project was supported by the Royal Academy of Engineering under the *Ingenious Awards* scheme. For educational use only. Contact: [sciencehunters@uwe.ac.uk](mailto:sciencehunters@uwe.ac.uk).