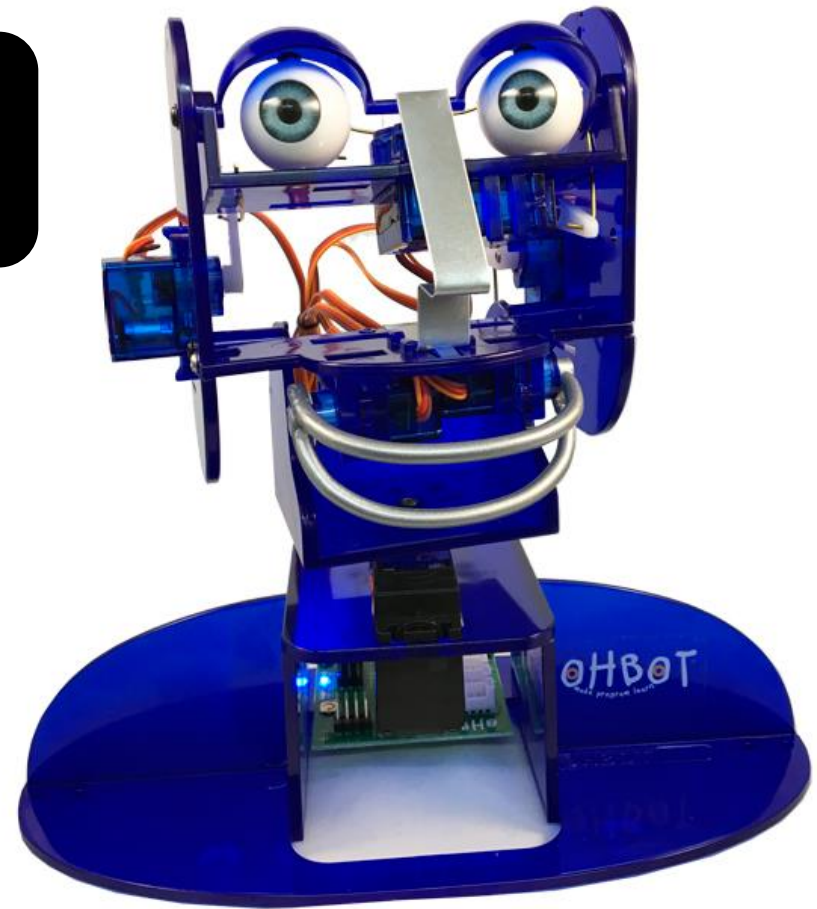# Lesson 3: Over and over again

I can refine a program by using the repeat instruction
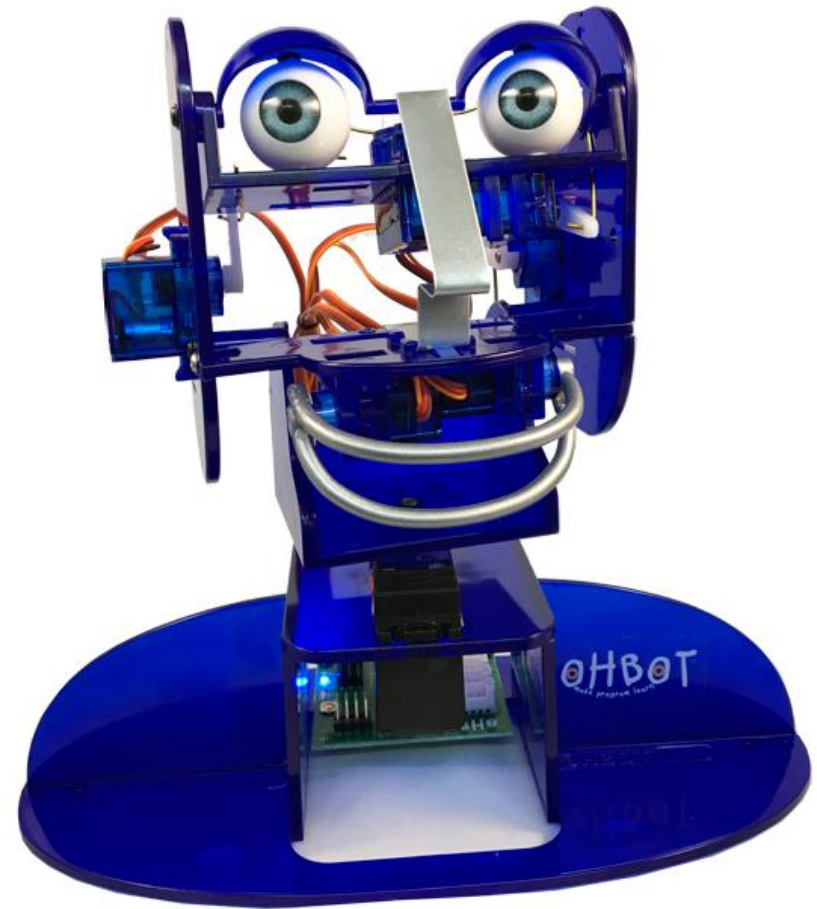
Which command can you use to make Ohbot perform a movement over and over again?

Activity 1
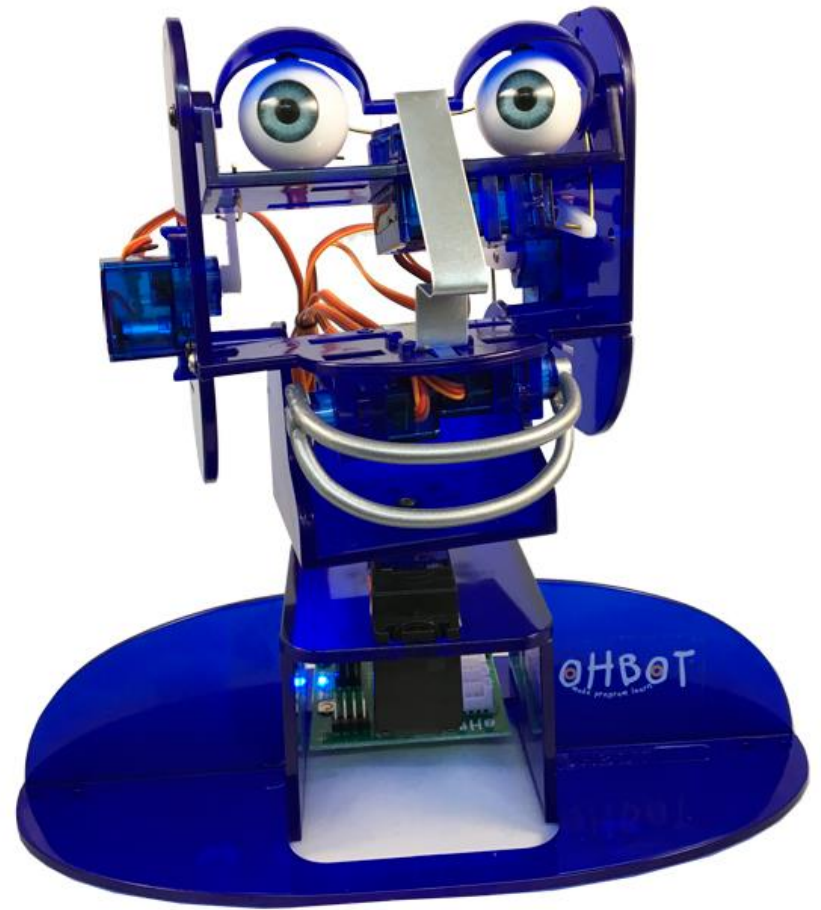
Can you write some code to make my head move up and down 10 times?

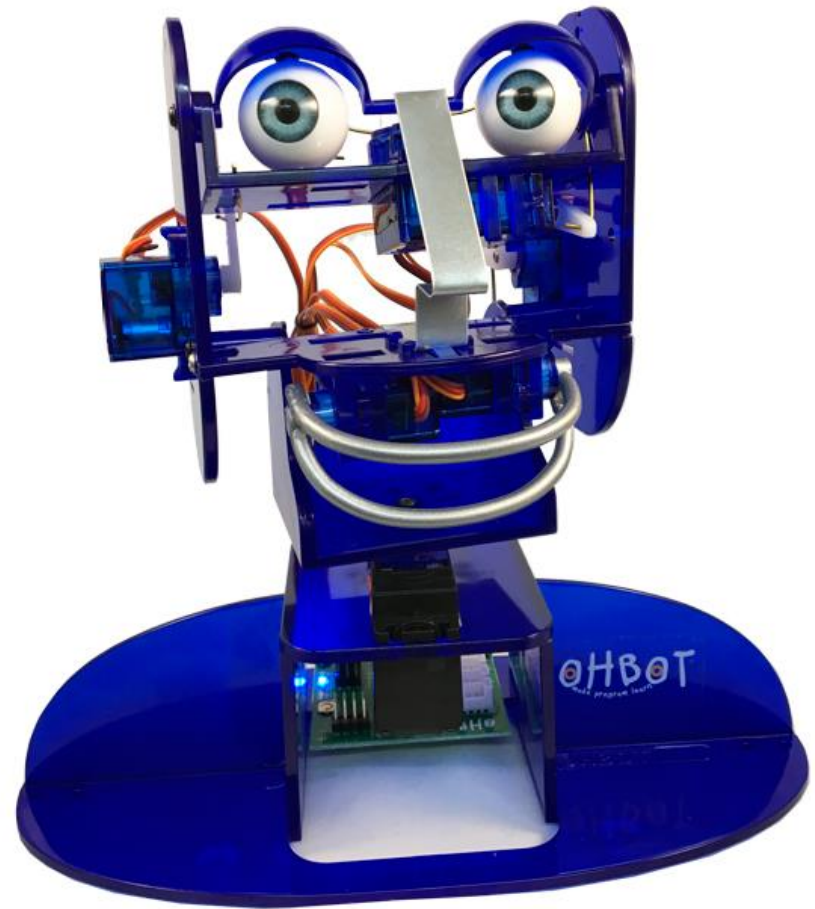*File, Save As* – head nod with repeat

Head nod - using repeat

Activity 2

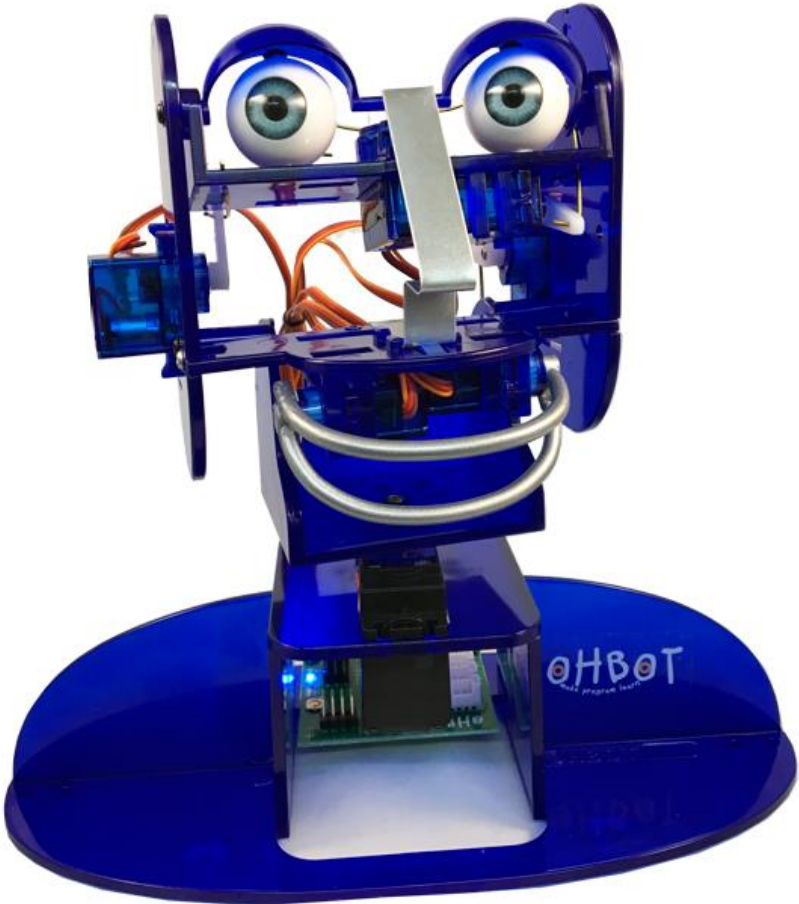Can you write a program to help me cross a road?

I need to look left and right twice while I am on the kerb and then straight ahead while I cross the road.

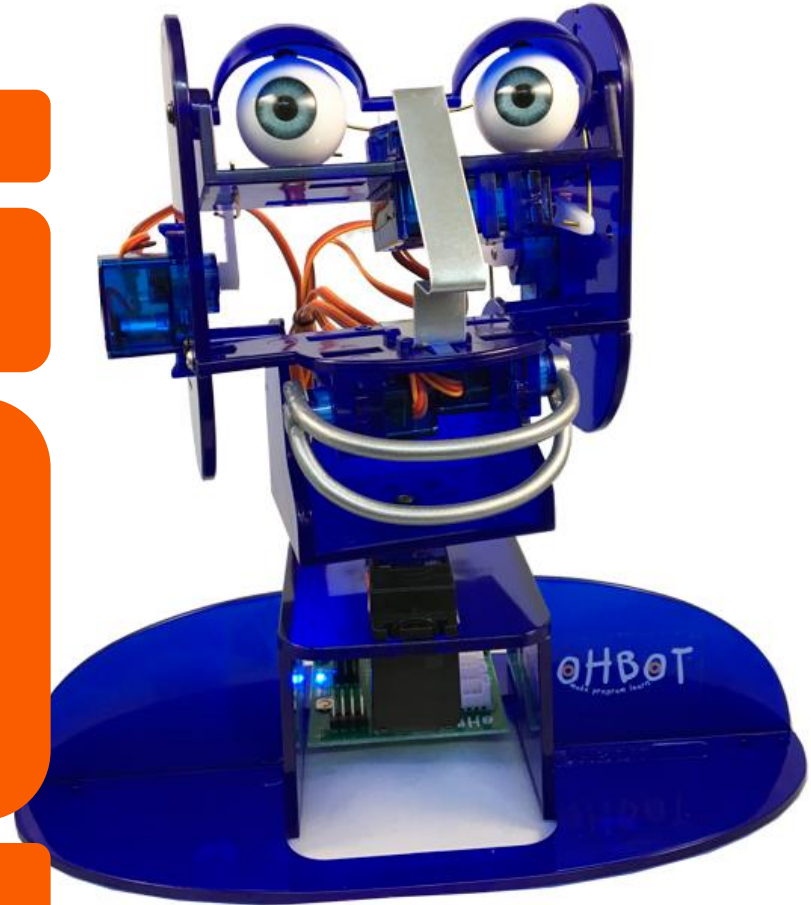*File, Save As* – crossing the road

Crossing the road example

Activity 3

Today I am going to my keep fit class.

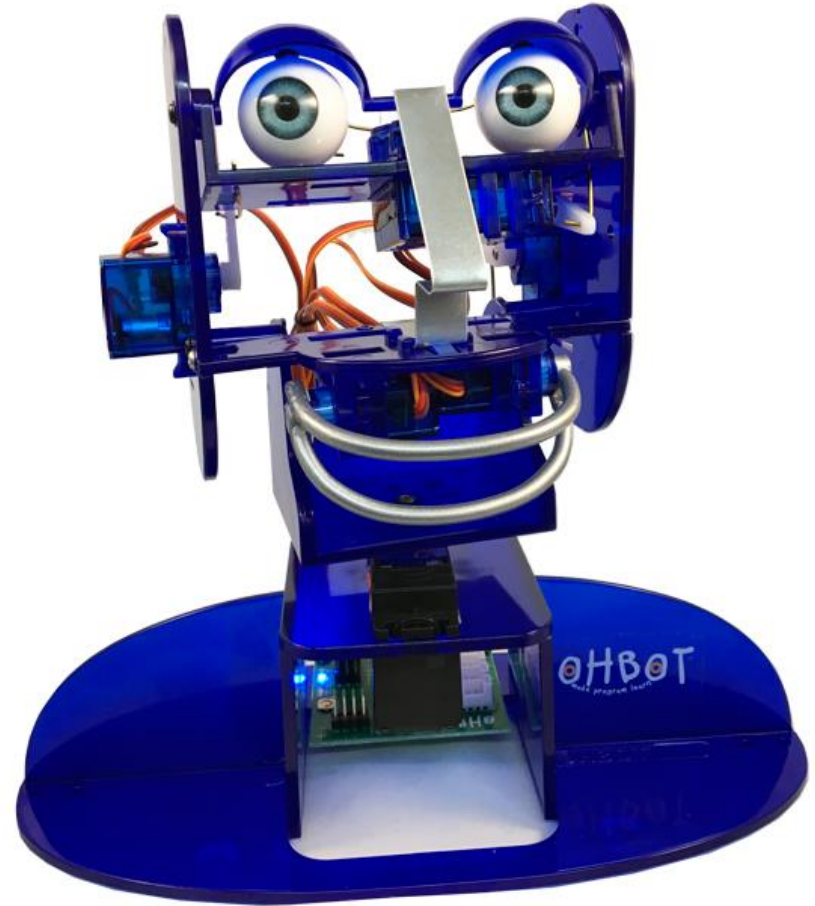Can you write some code for me to perform a sequence of movements one after the other?
First nod twice, then shake twice finally blink twice.

File, Save As – Keep fit

Activity 3: Example

Extension

Can you write your own keep fit sequence for OhBot with at least 3 moves and using repeat.

File, Save As – My keep fit