Connect the WeDo controller to your computer via USB. Start Scratch.

The WeDo motor blocks should be visible in the Motion category. If not, select Show Motor Blocks from the Edit menu.

You can use the blocks to turn the motor on and off, set the motor power, and set the motor direction.

The distance sensor can be used to determine proximity, where 0 is close and 100 is far.

Use the sensor value block in the Sensing category, selecting distance from the pull-down menu.

The tilt sensor can be used to determine orientation, where 0 is flat, 1 is down, 2 is right, 3 is up, and 4 is left.

Use the sensor value block in the Sensing category, selecting tilt from the pull-down menu.