

5-18 year olds
should be **physically
active** for at least

60 
minutes per day*



What do you do?

Play – **run** – **walk**
swim – **skate** – **skip**
climb – **bike** – **active**
travel – **sport** – **PE**
workout – **dance** ...

*UK Chief Medical Officers' Guidelines

THE **STEP** TOOL

The STEP tool is a simple way to make changes to physical activity and sport activities, so that everyone can feel included and participate together.

STEP can help organise thinking around adaptations and modifications. For example, changes can be made to an activity where there are children and young people of different ages, disabled and non-disabled people in the group, or girls and boys participating together.

To make changes in the way an activity is delivered one or more of the STEP areas can be considered. STEP stands for: Space, Task, Equipment, People.

Examples include:



Space – increase or decrease the size of the activity area or vary the distance to be covered to suit different abilities.



Task – ensure that everyone has equal opportunity to participate, e.g. break down complex skills into smaller parts and ensure there is opportunity for children and young people to practise skills individually or with a partner.



Equipment – increase or decrease the size of the equipment to suit the ability or age range of the participants, or depending on the kind of skill being practised, provide options that enable people to participate in different ways.



People – match young people of similar ability in small-sided or close marking activities.



active minutes*

Battleships

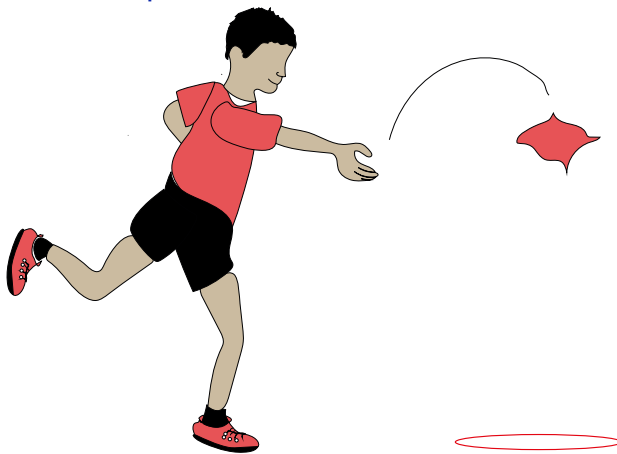
Part of your 60 active minutes

#60ActiveMinutes



Time to learn:

- Play with a partner. Each player places three targets known as battleships in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.




Play on your own!
How many attempts does it take you to hit all three targets?



Play for three minutes!
The player with the most battleships at the end of the game is the winner.



Have a competition!
Create a league table and play against different family members.

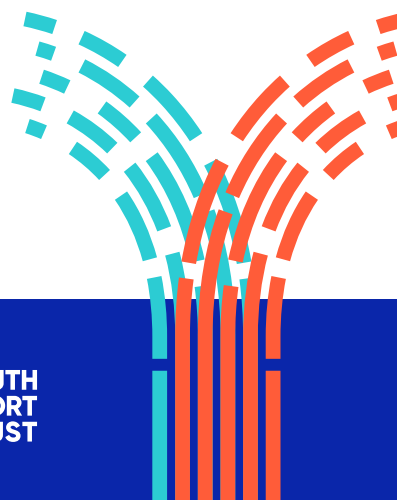
TOP TIPS

Throwing underarm, step forwards with one foot, releasing the ball from low to high using your opposite hand.

LET'S REFLECT

What did you learn after each throw to adapt for the next?

How did you keep focused?



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