

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\*

## Inside Out

Part of your 60 active minutes

#60ActiveMinutes



Can you play fairly and encourage each other?

### Time to learn:

- Lay out items of clothing on the floor in a safe space, making sure that some items of clothing are turned inside out.
- Player one is going to try and turn all the items of clothing inside out, player two is going to try and turn all the items of clothing the right way round.
- Play for three minutes. At the end of the game the player who has the most pieces of clothing 'their way' is the winner.



Playing on your own, how quickly can you turn all the clothes inside out?



Play for three minutes. The player with the most objects their right way round wins.



Play with a partner! Take turns to turn your items the right way around!

#### TOP TIPS

On your toes!

Moving on the balls of your feet and bending your knees will help you move quicker to each object!

#### LET'S REFLECT

Were you able to move on the balls of your feet to be quick?

If you did not win, what could you do differently next time?

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