

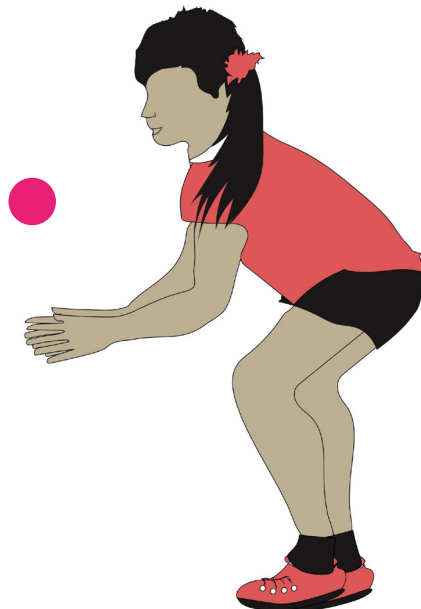
'1 a Day' Challenge: Catch and Clap



Can you focus on the ball to maximise your concentration?

For the '1 a Day' Challenges consider how you can use the STEP tool to play inclusively. This is a simple way to adapt and make changes to activities, meaning they are more accessible. It stands for **Space, Task, Equipment, People**. You can change any of the elements to make the challenges accessible and inclusive.

How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

1. Take part

Try the challenge as a class or with family and friends. Take photos/videos of your attempt. Add up your total score.

2. Pass it on

Nominate your chosen school or person to beat your score by tagging them on social media with your attempt. Use **#NSSW2022** **@YouthSportTrust**

3. Donate to the Youth Sport Trust

Help us continue our mission and raise awareness of NSSW.

- S** Increase or decrease the area you have to move around.
- T** Allow one bounce before catching or try different coordination activities such as tapping your head or chest instead.
- E** Use a bigger, lighter size ball or even a balloon/pair of socks/toilet roll.
- P** Play in pairs and throw the object to each other.