

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*

Move to the Beat

Part of your 60 active minutes

#60ActiveMinutes



Time to learn:


- Play some music and on the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?




Use slower pieces of music. As you get more confident try faster pieces of music.



Use faster pieces of music. You will have to really focus so you can still move to the beat.



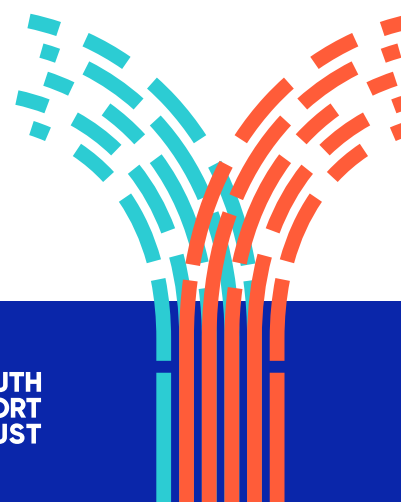
Create your own sequence of movements and share them with another family member.

TOP TIPS

Listen for a beat.
When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

LET'S REFLECT

What different movement ideas did you come up with?
Could you concentrate and move in time to the beat?



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