

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*

Healthy Hearts

Part of your 60 active minutes

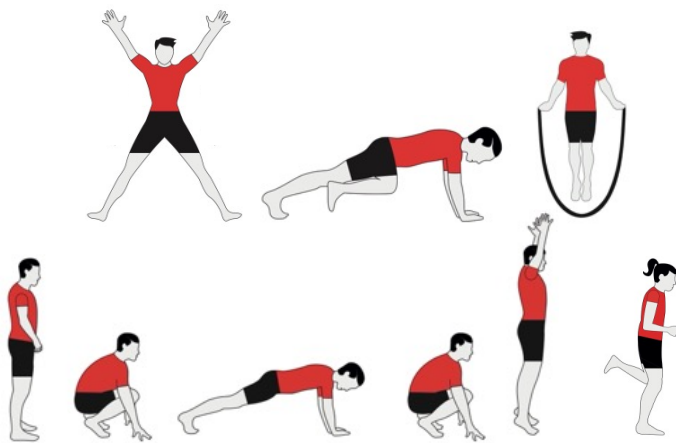
#60ActiveMinutes




Can you try your hardest on each station and ensure you do not give up?

Time to learn:

- Layout five markers in a space around your area. These are your five cardio circuit activities.
- **Station 1:** Perform ten star jumps.
- **Station 2:** Perform ten mountain climbers.
- **Station 3:** Skip or jump for ten seconds.
- **Station 4:** Perform ten burpees.
- **Station 5:** Jog on the spot for ten seconds.
- How many times can you repeat the circuit?




Perform five 'repetitions' on each station instead of ten.



Exercise for one minute at each station before moving to the next one.



Challenge other members of your family to complete the circuit with you.

TOP TIPS

Break into a sweat!
When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

LET'S REFLECT

How did your heart rate change during the circuit?
Why is it important to raise your heart rate and keep active?

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