

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\*

# Colour Combination

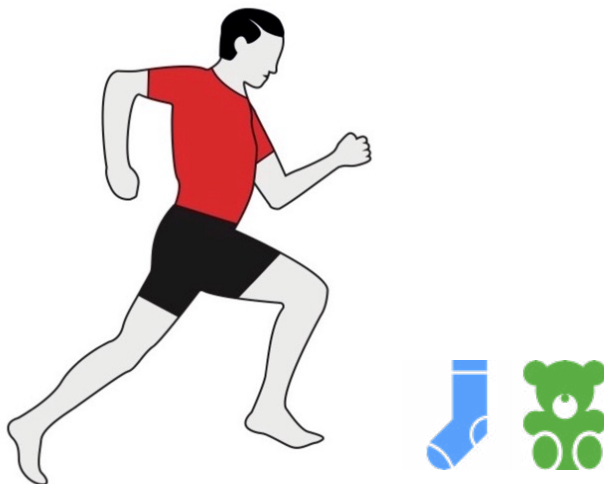
Part of your 60 active minutes

#60ActiveMinutes




## Time to learn:


- Layout several different coloured objects on the floor.
- Partner one chooses three different coloured objects for partner two to run out and touch.
- When partner one says go, how quickly can partner two touch the coloured objects in the correct order?
- To make the game harder increase the number of colour objects that are called out or put the objects in different rooms.




Play on your own!  
How many objects can you touch in 60 seconds?  
Can you beat your score?



Challenge yourself to [move in different ways to touch the objects!



Compete against someone!  
Who can touch the three coloured objects the quickest?

### TOP TIPS

Keep low!  
Bend your knees and keep your body low towards the ground. This will help create power when you push off, changing direction quicker!

### LET'S REFLECT

How were you able to move quickly, changing direction?  
Can you explain why we might need to change direction quickly when we participate in different activities?

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