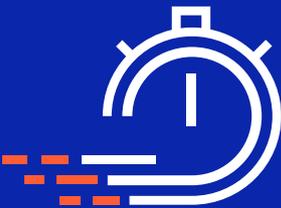


5-18 year olds  
should be **physically  
active** for at least

**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\*

# Standing Long Jump

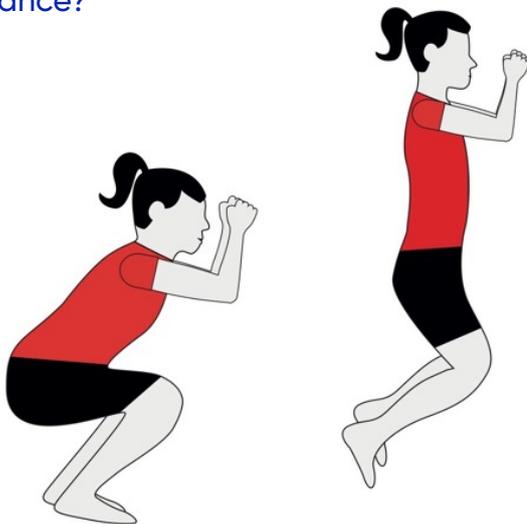
## Part of your 60 active minutes

#60ActiveMinutes



### Time to learn:

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on two feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?




Work on your own to develop your technique. Each time you jump and land on two feet you score a point.



What other jumping records are there? Can you try and beat them by practising lots?



Challenge other family members to see how many jumps it takes them to equal Greg Rutherford!

#### TOP TIPS

Jumping further, keep your head up, swing your arms and bend your knees when you land.

#### LET'S REFLECT

What did you learn after each jump?  
How did you keep focused?



\*UK Chief Medical Officers' Guidelines – 5–18 year olds should be physically active for at least 60 minutes per day