

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*

Feeling Flexible?

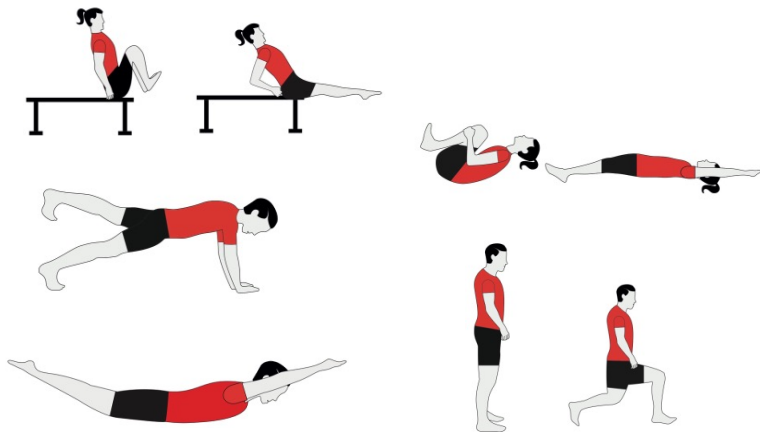
Part of your 60 active minutes

#60ActiveMinutes




Time to learn:

- Layout five markers in a space around your area. These are your five flexibility circuit activities.
- **Station 1:** Perform ten extended tucks.
- **Station 2:** Perform ten roll and release.
- **Station 3:** Perform ten lunges.
- **Station 4:** Perform ten arches, holding each one for five seconds.
- **Station 5:** Perform ten extended leg raises.
- 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

Stretch out! By stretching this will improve our flexibility. Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

LET'S REFLECT

How do you think stretching will improve flexibility?
Why is being flexible important when playing sport?

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