

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*

Avoid the Defenders

Part of your 60 active minutes

#60ActiveMinutes



Time to learn:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects, teddy bears, cones across the playing area. These are known as the defenders.
- From the starting point can you dribble using your feet around the marker and back, avoiding the defenders?
- If you dribble around the markers and back you score one point. If you hit a defender they score one point. The first to score five points are the winners.




Start with three defenders. Only add more defenders when you find the activity easy.



How many points can you score?
Every time you hit a defender take a point off.



Play against someone else. Who can score the most points after three minutes?

TOP TIPS

Play against someone else.
Who can score the most points after three minutes?

LET'S REFLECT

Why did you need to keep the ball close to you?
What did you learn after each run through to help with the next dribble?

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