Adapting activities using the STEP tool

activityalliance.org.uk/step
Activity Alliance COVID-19 response

• Activity Alliance is committed to ensuring disabled people can be and stay active while at home.

• We are supporting Sport England’s Join the Movement campaign with:
  • **STEP inclusion resources** for individuals and organisations
  • **Active at home page** on our website
  • **#StayInWorkOut weekly blog series** featuring disabled people being active at home
STEP inclusion resources

STEP inclusion tool can support everyone to stay in and work out.

New digital resources include:

- Six digital graphics on STEP inclusion tool
- Dedicated page on website activityalliance.org.uk/step
- Downloadable idea sheets for organisations and individuals
- Short expert videos on how to apply STEP tool on social media
- STEP information available in alternative formats
  - British Sign Language, easy read and audio format
What is STEP?

STEP stands for **Space, Task, Equipment and People**.

- Simple way to adapt activities to be more accessible and inclusive for children and adults.
- Use household items to be active.
- Change one or more elements of an activity to make it easier or harder.
Use the STEP tool to #StayInWorkOut

Let’s explore Space

This includes changing the size of the space and the surface you take part on.

- Grass
- Carpet or hard floor
- Step over items or use the stairs
- Move targets closer and higher

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Task

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Let’s explore Task

This is how you can make changes to the actual activity to make it easier or harder.

- Seated or standing activity
- Use one or two legs/arms
- Throw over or underhand
- Repetitions/time yourself

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Let’s explore Equipment

This is what you use to do the activity. Different sizes, weights and textures can all make a difference.

- Cans of food, bottles of water
- Buckets, cereal box targets
- Rolled up paper / balloons
Use the STEP tool to #StayInWorkOut

Let’s explore People

This is about who takes part with you.

- Person in household
- Partner clapping or calling
- Playing with sibling/pet
- Online/social media challenges
Use and promote STEP in your work

• Share STEP graphics and resources through your networks, websites, webinars, social media channels

• Adapt STEP elements of your sport or activity and share examples with your audiences

• Signpost your members to downloadable STEP idea sheets. Available at: activityalliance.org.uk/step
Recovery planning
What will you keep/change?

• What have you learnt from your new ways of working that you will continue?

• What are you looking forward to going back to?

• What new elements need to be considered?