

Adapting activities using the STEP tool

**activity
alliance**

disability
inclusion
sport



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.



Space

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.

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Grass

**Carpet or
hard floor**

**Step over items
or use the stairs**

**Move targets
closer and higher**

Task

Use the STEP tool to **#StayInWorkOut**

Let's explore **Task**

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

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**Seated or
standing activity**



**Use one or
two legs/arms**



**Throw over
or underhand**



**Repetitions
/time yourself**

Equipment

Use the STEP tool to **#StayInWorkOut**

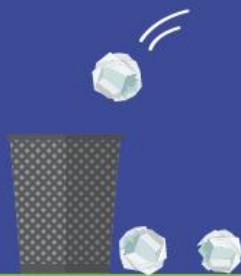
Let's explore **Equipment**

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

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**Cans of food,
bottles of water**



**Buckets, cereal
box targets**



**Rolled up paper
/balloons**



People

Use the STEP tool to **#StayInWorkOut**

Let's explore **People**

This is about who takes part with you.

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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



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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?