

# STEP

Space • Task • Equipment • People

Please see the **STEP** tips for disabled people, families and friends for the PE sessions.

Here are a few ways disabled people, their families and friends can adapt the activities on offer to make them more accessible.

## SPACE

If the video shows the teachers on a **rug**, try and complete this session on a **wooden floor, tiles** or **outside patio** to make **movement easier**, especially for wheelchair users.

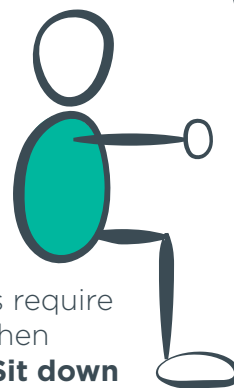
**Grass** or **carpet** make **activities more challenging**, but also adds some cushioning for people with problems with **balance** and **co-ordination**.



For **target games**, challenge yourself by moving the target closer/further away or raising it up off the floor. You can also ask a parent/guardian to **hold the target nearer/further away** to help you.

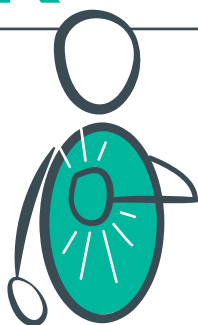


If the activities require you to **stand** then change it up. **Sit down** or **lay down** to do the activity, rather than standing.



## TASK

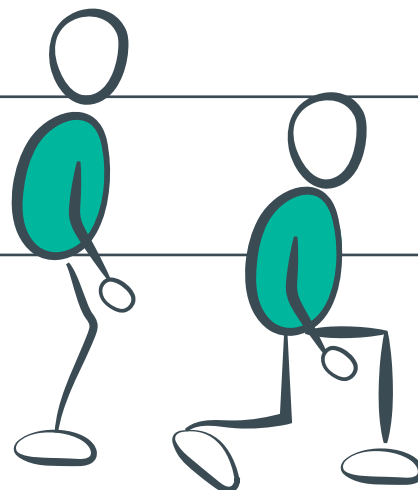
If the activity requires **coordination**, then try different activities, such as **tapping your head and chest**, **clapping your hands** then **wiggle a finger**.



Instead of **running on the spot**, try moving in any way you can. **Lift your feet up and down** or **in and out** as quick as you can, **circle your arms**, **nod your head** or **shake your hands**. Instead of **star jumps**, alternatively take **one arm and or leg out to the side**.



In some of the activities set yourself **challenges to beat**. For example, **count how many times** you can do something in a set amount of time and then **try to beat it**. If you can't do more than you did the first time, see if you can do the same number but in less time.



# EQUIPMENT

You can use **household items** to help in the workouts. Think about using **tinned food** or **bottles of water** as free weights. You could use your **dressing gown cord** or **towel** as a resistance band.

Why not use a **rug, towel** or **blanket** if you don't have an exercise mat.

If you have problems with **fine motor skills** then using items to assist you **'throwing'** could be used. Try using a **chopping board** or a **book** to **roll your ball/rolled up socks/scrunched up paper/balloon** down to the target area. To make it harder you might want to try using a thinner surface area, like a ruler or a sturdy bookmark.

If the activity asks for you to **throw and catch balls**, then use a **rolled-up pair of socks** instead or make safe indoor balls from **rolled up paper, Sellotape or papier-mâché**. You could also use **toilet rolls** to throw in to targets.

If you are **visually impaired** then you could use **rice inside a balloon** as your ball for target games.

If you are asked to do **squats** then you could use a **chair** to do squats. **Stand up and then sit back on the chair**, it's the same action.

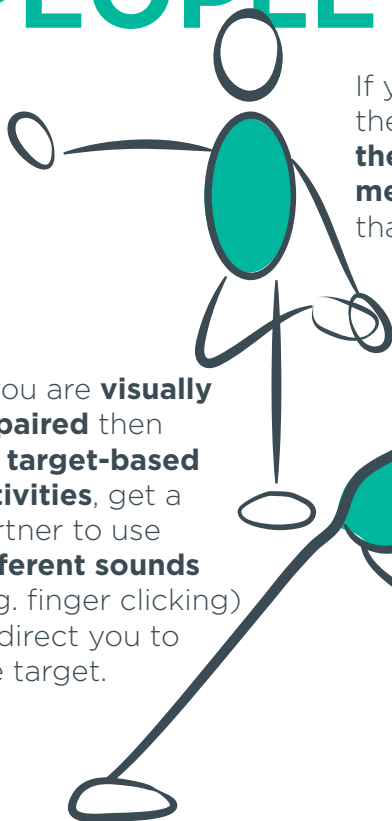
If the activity asks you to work on **hand-eye coordination** then **balloons** are a great alternative to a ball. **Pass the balloon around your body** – you can even **add rice** to the balloon for sound.

You might be asked to do **press ups**: instead of doing them down on the ground, try doing them **against a wall** – put your feet further from the wall to make it harder. You could also ask one of the family members to put their hands out and use them to complete the press up movement.

If you are working on **balance exercises** then use masking tape to **mark out a line** on the carpet. Move along the line to test out your balance. You could do this on your feet, hands and knees, with a walking frame, wheelchair or holding onto someone for support.

If you are working on activities for **accuracy** then you could set up **targets on a door** to work on your aim. Alternatively, you could use your parents/guardians' **pots and pans** as targets.

# PEOPLE



If you are **visually impaired** then for **target-based activities**, get a partner to use **different sounds** (e.g. finger clicking) to direct you to the target.

If you are struggling with **balance** then try putting your **hand against the wall** or **hold onto a family member** for exercises and activities that require balance.

If you are **stretching** you could use another **family member to push back and create some resistance** to your stretches.

The following links have lots of ideas of activities you could complete too

[MS Active Together](#)

[Activity Alliance - Adapting Activities](#)

[Activity Alliance - Adapting Activities \(BSL Version\)](#)

[CP Sport - Keeping Active and Healthy at Home](#)

[NHS - Get Active with a Disability](#)