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STEP tips for disabled people, families and friends

STEP stands for Space, Task, Equipment and People. Here are a few ways disabled people, their families and friends can use the tool to make activity more accessible.

Space:

- Surfaces like pavement or wooden floors can make movement easier.
- Grass or carpet make activities more challenging, but also adds some cushioning.
- For target games, challenge yourself by moving the target closer/further away or raising it up off the floor.

Task:

- Change it up. Sit down to do the activity, rather than standing.
- Try different coordination activities. Tap your head and chest, clap 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.
- Throw ball/bean bag onto chalked target on the garden patio and count your score.
- 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:

- Use cans of food or bottles of water as weights. Try using a towel as a resistance band.
- Lie on a towel or blanket if you don't have an exercise mat.
- Make safe indoor balls from rolled up paper, sellotape or papier-mâché.
- Use a chair to do squats. Stand up and then sit back on the chair, it's the same action.
- Balloons are a great alternative to a ball. Pass the balloon around your body – you can even add rice to the balloon for sound.

- 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.
- Rolled up socks make good items to throw. Try getting them into a bin or washing basket.
- 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 or, with a walking frame, wheelchair, holding on to someone for support.
- Set up targets on the side of the garden shed to work on your aim.

People:

- Put your hand against the wall or hold onto a partner for exercises and activities that require balance.
- For target-based activities, get a partner to use different sounds to direct you to the target.
- Rolled up sock game: Two players and two bins required. Individual to get most socks in other person's bin or washing basket wins.

Or try involving your pets:

- Play fetch the Frisbee with your dog in the garden – place back on garden table for height
- Work on your muscle strength by playing a game of tug of war with a toy

Share your STEP activities with Activity Alliance

We are keen to see how you're using the STEP tool to adapt activities. Share your photos and videos on social media. Tag us in your posts on:

- Twitter – [@AllForActivity](https://twitter.com/AllForActivity)
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