



'1 a Day' Challenge: Fast Feet



Can you keep going even if you lose control of the ball?

For the '1 a Day' Challenges consider how you can use the STEP tool to play inclusively. This is a simple way to adapt and make changes to activities, meaning they are more accessible. It stands for **Space, Task, Equipment, People**. You can change any of the elements to make the challenges accessible and inclusive.

How many times can you dribble a ball around a marker and back in 60 seconds?



Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.

- S** Move the marker to be either closer to you or further away.
- T** Think about different ways you can move the ball to the marker and back.
- E** Change the size of the ball or move an object that has sound.
- P** Add a partner who might defend and stop you trying to get to the marker.

1. Take part

Try the challenge as a class or with family and friends. Take photos/videos of your attempt. Add up your total score.

2. Pass it on

Nominate your chosen school or person to beat your score by tagging them on social media with your attempt. Use **#NSSW2022** **@YouthSportTrust**

3. Donate to the Youth Sport Trust

Help us continue our mission and raise awareness of NSSW.