

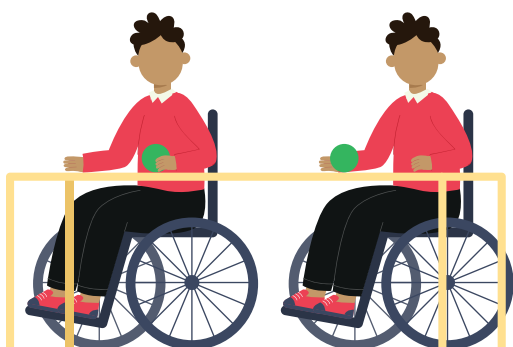
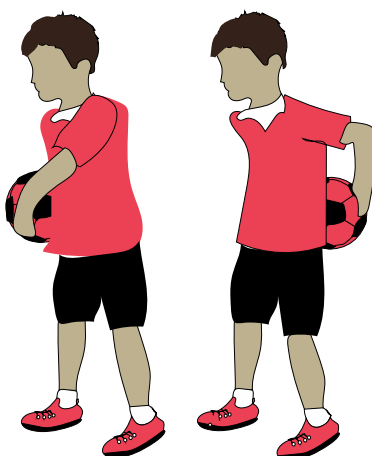
# '1 a Day' Challenge: Around the World



Do you believe in yourself and keep trying even if you drop 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 pass the ball  
around your waist in  
60 seconds?**



If you drop the ball you need to pick it up quickly and carry on!

## 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.

- S** Try moving the target closer/further away or placing it on the floor.
- T** Change it up. Sit down to do the activity, rather than standing.
- E** Balloons or a rolled-up pair of socks are a great alternative to a ball. Pass the object around your body – you can even add rice to the balloon for sound.
- P** Pair up with a partner and see the different ways you can move the ball around your body.