


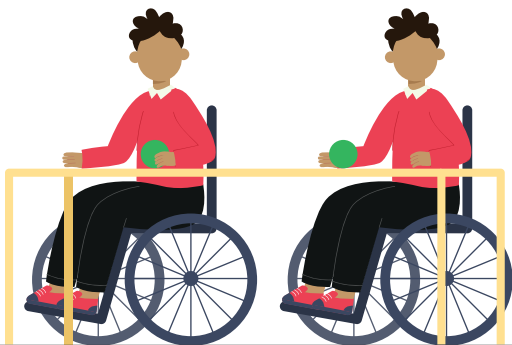
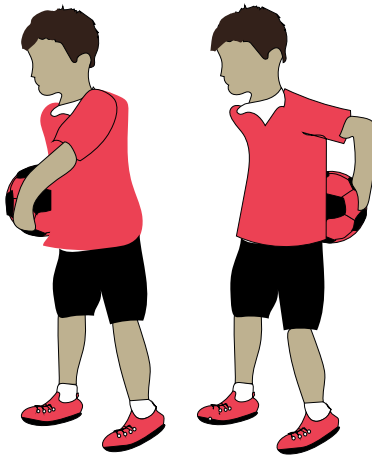
'1 a Day' Challenge: Around the World




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!

- 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.

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.