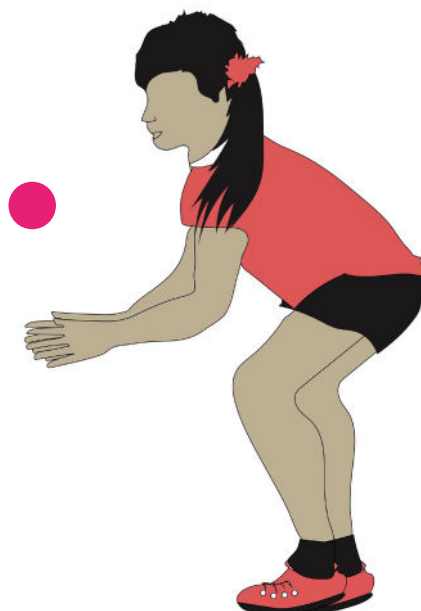


# '1 a Day' Challenge: Catch and Clap

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 throw  
a ball up, clap  
once and catch  
it in 60 seconds?**



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

- S** Increase or decrease the area you have to move around.
- T** Allow one bounce before catching or try different coordination activities such as tapping your head or chest instead.
- E** Use a bigger, lighter size ball or even a balloon/pair of socks/toilet roll.
- P** Play in pairs and throw the object to each other.



**Can you focus  
on the ball to  
maximise your  
concentration?**

## 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.