

This game helps young people how young people can make their horizontal stepping, leaping and moving more efficient.

What you need

- Indoor or outdoor area appropriate to the size of the group
- Marker cones or throw down lines to define start and finish lines.

How to play

- The group line up at one side of the playing space behind a start line.
- The challenge is to cover the space between the start and finish in as few steps or jumps as possible.
- Wheelchair users can adapt by taking as few pushes as possible to cover the distance
- For Powerchair users see 'People' section of card.
- Athletes keep count of the number of steps, jumps or pushes (or work in pairs and score each other's attempts).
- On each attempt, athletes try to cover the distance in fewer steps, jumps or pushes.

Think about

- Ways of helping young people to think about how they can reduce their steps, jumps or pushes.



Athletics:

Jumping – Step to it!

Use the **STEP** model to modify this game:

Space

- The distance between the start and finish line can be increased or decreased depending on ability; one option is to set up two converging lines with a narrow and wide end; athletes cross at the width appropriate to their abilities.

Task

- Athletes can perform different kinds of jumps; for example:
 - single-foot jumps (off one foot, land on other foot)
 - double-foot jumps (off both feet, land on both feet).
- Different kinds of steps; for example:
 - side-steps
 - backwards.

Equipment

- Marker discs or small hurdles can be used to create an obstacle or slalom course.

People

- Powerchair users can be challenged by trying to reduce the time they take to cover the distance; marker cones can be used to create a simple slalom course; they try to negotiate the course in the fastest possible time without touching the markers.

Safety

- Ensure that athletes who have balance and co-ordination impairments participate with control or with support if required.

How to improve

- Try to make each step, jump or push cover slightly more ground.

Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

For more information about primary and secondary school athletics activities see

<https://www.englandathletics.org/>

Extension game - Boundabout

The concept can be extended by getting athletes to try and cover the furthest possible distance in a specific number of bounds (or wheelchair pushes); for example, how far can they get in three bounds from the start line. A partner can mark the furthest point with a marker disc. Next time the athlete tries to get a bit further in the same number of bounds/pushes.