

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I can be active indoors!

Over the winter, if it's too cold and wet or it's dark and you can't play outdoors, you can still be active.

Many of the Paralympic sports were adapted from the original version of the sports. For example, at the Olympic Games volleyball is played standing up. At the Paralympic Games volleyball is played sitting down.

This challenge helps you to **adapt activities** so you can play them indoors.

What do I need?

You choose the equipment for your activity

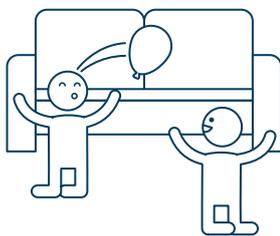
Practise making new activities for **20 minutes**, then play your new activity for **10 minutes**



Warming up

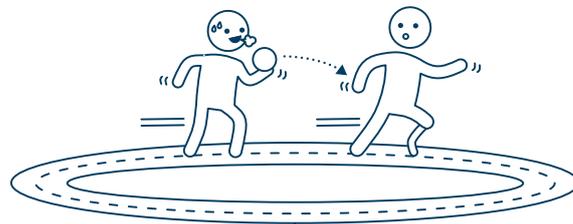
Think of an activity you like to do outdoors. If you make some changes, you can play indoors too. Just remember **STEP:**

- **Space** - where will you play?
- **Task** - how will you play?
- **Equipment** - what will you play with?
- **People** - who and how many will you play with?



Example 1 - indoor football

- **S** - kneel on the floor
- **T** - keepy-uppy with heads
- **E** - balloon
- **P** - 2 players



Example 2 - an indoor relay race

- **S** - stand in a circle
- **T** - pass the ball from hand to hand
- **E** - small ball
- **P** - 4 players



Taking part

1. Choose an activity that you usually play outside.
2. With your friends or family, try different ideas for each letter of **STEP**. See what works. See what doesn't. If it is **safe**, you can try anything you like.
3. Decide which ideas to keep. Practise your activity so you remember it.
4. Set a goal to play your new activity for 10 minutes each day in a week.



Cooling down

How do you feel after playing outside?



Aim to increase your effort level



Feel fine

Breathe faster

Hot and Sweaty

Remember

- Don't give up if something doesn't work. Try a new idea and start again.
- Share your adventures with your family and friends. Challenge each other!

In future

- You can also use **STEP** when you find an activity too difficult or you aren't having fun. It will make being active easier and more enjoyable!



See the Tokyo Ten activity guides to give you some ideas:

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>