

Adapted activity using STEP



**we  
can  
move**

# Tweedy's Gloucestershire School Games Challenges - adapted

During lockdown, the Gloucestershire School Games launched the Tweedy challenge. Tweedy the clown would set a challenge every week for children to complete. You can watch these challenges [here](#), then adapt them using this guide. Have a go!

The [Activity Alliance STEP tool](#) has been used to adapt these challenges.

STEP stands for:

**S**pace

**T**ask

**E**quipment

**P**eople

You can adjust one or more of these to make it easy for more people to be active.

## Challenges

1. [Socks in a box](#)
2. [Scavenger hunt](#)
3. [Water in a cup](#)
4. [Assault course](#)
5. [Rhythmic gymnastics](#)
6. [Balance the towel](#)

## Challenge 1: Socks in a box

Using STEP tool to adapt Tweedy's first challenge.

### Space

- You could make the distance between the two markers closer together, or further away.
- If balancing is tricky use something to help you such as a wall or windowsill
- To help get from one marker to another lay down something you can walk on to show the route, maybe a skipping rope or a dressing gown belt.

### Task

- If you would find it challenging to go to the box and back, why not have a competition between two people. Stand or sit facing each other and see how long you can balance the towel on your head, see who can balance the longest.
- Set yourself a challenge, if moving between the markers is easy, make the movement faster or close one eye.

### Equipment

- If you find balancing things on your head uncomfortable try a different body part, like putting your hands out in front of you, palms facing down and balance the towel on the top of them.
- If you need to, use a bigger towel to help you balance it or use something different all together that you have at home.

### People

- As this is a balancing challenge, ask someone to shadow you as you move between the markers to be a balancing support if needed.
- Make it a multi-player game and make it into a relay race, taking it in turns to balance the towel and move between the markers.

## Challenge 2 - Scavenger hunt

Using STEP tool to adapt Tweedy's second challenge.

### Space

- You could restrict yourself to only certain rooms or just one space to collect the items.
- Take one room at a time and see how many items of the same letter/colour can be found in each

### Task

- Instead of beginning with a specific letter, find things that are a certain colour
- Set a time limit for your challenge so you can play several times and then compare how many items you've collected for different letters or colours.

### Equipment

- If collecting things is tricky you could spot them and make a list instead
- If you don't want to cause too much chaos in the house try a game of 'I spy' instead, that way the person can only collect the item once they've guessed it.

### People

- If collecting items is difficult ask someone to help collect them once you've found them.
- Make it a multi-player game and make it into a relay race, taking it in turns to collect items

## Challenge 3 - Water in a cup

Using STEP tool to adapt Tweedy's challenge.

### Space

- Find a slope to really test yourself
- You could make the distance you need to cover shorter or longer.
- To help get from one marker to another lay down something you can walk on to show the route, maybe a skipping rope or a dressing gown belt.

### Task

- Set yourself a challenge, if moving with the cup is easy, make the movement faster or close one eye.
- Try moving in a different way, walking backwards or side to side to make it more challenging

### Equipment

- Put less/more water into your cup to make it easier/harder
- Use a wider/thinner cup so that it is easier/harder to balance

### People

- As this is a balancing challenge, ask someone to shadow you as you move to be a balancing support if needed.
- Make it a multi-player game and make it into a relay race, taking it in turns to move the cup of water.

## Challenge 4 - Assault course

### Using STEP tool to adapt Tweedy's fourth challenge.

#### Space

- Give yourself plenty of space between each obstacle so you have room to move and rebalance, if you have limited space you could do the course in reverse.
- Build the assault course somewhere with floors that make moving around easier such as wooden floors or pavement.
- If a softer surface would be better, carpet or grass can provide cushioning.

#### Task

- Once you have set up your assault course, try closing your eyes and have someone call out instructions to move you safely through.
- Instead of walking or running the challenge try and move through the obstacles in a different way, rolling, walking backwards, spinning around or sideways.
- Have some slow-motion fun and set the record for the slowest course time, only rule is that you cannot stand still.

#### Equipment

- For a softer landing you can try using obstacles such as sofa cushions, duvets or cuddly toys.
- Use bigger or smaller obstacles depending on how much of a challenge you want to take on.

#### People

- Make it a multi-player game and have a relay race, taking it in turns to complete the course, or you could work in pairs and help each other through in the quickest time.
- Put your hand against a wall, windowsill or enlist a partner to help you balance through the course.

## Challenge 5 - Rhythmic gymnastics

### Using STEP tool to adapt Tweedy's fifth challenge.

#### Space

- Perform the routine somewhere with floors that make moving around easier such as wooden or tiled floors, that way you can (carefully) slide around.
- Use your space as a backdrop or prop to your routine, you could roll/ jump over a cushion/cuddly toy.

#### Task

- This challenge can be done standing, sitting, or lying down, be creative and use your body and props to create a 'birds-eye view' routine as if watched from above.
- If you feel more creative with music, find a piece of music to perform your routine to.
- Try something different and have some slow-motion fun, balancing can be much more challenging when you move slowly.

#### Equipment

- If you don't want to use a prop you can use your body, move your arms and legs to create shapes.
- You could use a longer or shorter length of toilet roll or use something altogether different that you have at home.
- A popular option amongst rhythmic gymnasts is a soft ball so for an added balancing challenge you could try this.

#### People

- Find a partner and stand facing each other, take it in turns to 'shadow' one another's movements, speed up and slow down to make it more challenging.
- As this challenge involves balancing, ask someone to hold hands as a balancing support if needed, you can then both take part in the routine as a double act.

## Challenge 6 - Balance the towel

Using STEP tool to adapt Tweedy's sixth challenge.

### Space

- You could make the distance between the two markers closer together, or further away.
- If balancing is tricky use something to help you such as a wall or windowsill
- To help get from one marker to another lay down something you can walk on to show the route, maybe a skipping rope or a dressing gown belt.

### Task

- If you would find it challenging to go to the marker and back, why not have a competition between two people. Stand or sit facing each other and see how long you can balance the towel on your head, see who can balance the longest.
- Set yourself a challenge, if moving between the markers is easy, make the movement faster or close one eye.

### Equipment

- If you find balancing things on your head uncomfortable try a different body part, like putting your hands out in front of you, palms facing down and balance the towel on the top of them.
- If you need to, use a bigger towel to help you balance it or use something different all together that you have at home.

### People

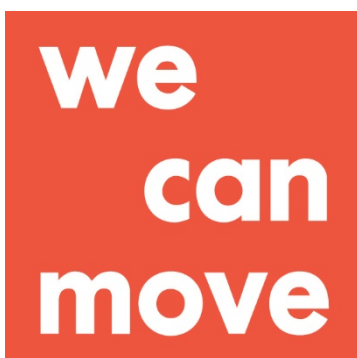
- As this is a balancing challenge, ask someone to shadow you as you move between the markers to be a balancing support if needed.
- Make it a multi-player game and make it into a relay race, taking it in turns to balance the towel and move between the markers.



You can find more resources on how to adapt activities on the [Activity Alliance website](#).

For more information and support to create opportunities for disabled people to be physically active, join our Gloucestershire Active Inclusion Network.

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