

STEP model examples



| STEP | Think about | Ideas for adaption |
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| Space | <ul style="list-style-type: none"> ● Do you need a specific sport venue or could the activity take place anywhere? ● Is the activity taking place indoors/outdoors/online? ● Is the participant taking part in their own home? | <ul style="list-style-type: none"> ● Provide a space where participants already feel comfortable (like a local church/mosque/temple, café or community centre). ● Can the activity be done outdoors? Exercising in green spaces or near water can have extra mental health benefits¹. ● Can the activity be made available online to allow people who may not be able to attend to take part in their home? |
| Task | <ul style="list-style-type: none"> ● What is the outcome of the session? ● Is the task suitable for all abilities? ● Is the activity fun? ● Can you provide activity sheets for participants so they can be active at home? ● Do you need to modify the rules to make your activity more inclusive? | <ul style="list-style-type: none"> ● Add social elements to allow the group to interact and work together. ● Offer more than one option for an activity (for example: doing a standing squat or standing up from a chair). ● Adapt tasks to make them easier or harder depending on ability. ● Provide a recording or take-home sheet to support those who are socially isolated or do not feel comfortable at the time, to take part at home. ● Modify scoring to boost inclusion. For example: football – score a traditional goal = 3 points, cross bar or posts = 2 points, side-netting = 1 point. |

¹ NHS (2010). [Green exercise and mental health](#).

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| Equipment | <ul style="list-style-type: none"> ● Is your equipment accessible and inclusive for everyone? ● Can you access affordable equipment? ● Can you suggest cheap alternatives if participants don't have or cannot afford equipment? ● Can you increase the size, height or arrangement of equipment or targets to build people's motivation and confidence? ● If delivering online, how can you support people to become comfortable with technology? | <ul style="list-style-type: none"> ● Provide activities that do not require equipment (like bodyweight-only sessions or using items that can be found around the home such as tins and books). ● Work with a local club or coach to offer equipment. ● Adapt the size of goals and targets based on ability. ● Host a practice online session so people can get familiar with using the technology you're using for the activity. Ask for feedback and check it works for them. ● Record sessions so participants can try activities in their own time. |
| Person | <ul style="list-style-type: none"> ● How can you provide extra support to new participants? ● How can you encourage people to join in? ● What can you do to help participants feel part of a group? ● Do your participants need language or communication support? | <ul style="list-style-type: none"> ● Use peer support – people using their own experiences to help each other (see Guide 6: Engaging volunteers in a physical activity and mental health service for more information). ● Offer the opportunity for people to watch the first few sessions. ● This may help them to feel more comfortable about joining in. ● Focus your session on building confidence and self-esteem (like group work, team building, and working on tasks together). ● Develop ground rules with the group so people know what to expect from the coach and each other. ● Can a member of the local community translate and support people who find language a barrier? See Bath Mind's case study for an example of how to do this. |