Content outline

This activity aims to develop mobility and balance whilst stepping. This will include stepping on and over items

- Mobility
- Balance
- Stepping
- Sensory feedback

S T T E P

This resource and supporting video have been created by:
Angela Lydon, West Specialist Inclusive Learning Centre

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Special Olympics Great Britain

For further support on any of the activities please also visit:
https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme

Space

- Increase the distance the young person is required to travel
- Decrease the distance away the young person is required to travel

Task

- Adapt the speed the young person is asked to travel
- Support the young person by holding their arm– this will help the young person balance
- Use a variety of different objects to act as 'hurdles', try to use different heights

Equipment

- Use different items to step over (Eg. Rope, cardboard hurdle, bags of flour)
- Use items which are different heights to add variety and adapt the difficulty of the task

People

- Gradually reduce the physical support given to complete each activity
- Reduce support by supporting higher up or further away from their centre of gravity
- Ask another person to compete against you – can this activity be developed into a short race?

Learning intention

Physical:

- To be able to step up and over items

Personal:

- To develop confidence in stepping up, on and over different items, and apply to everyday life – such as steps/stairs

Verbal Instruction / Feedback:

- Give each task specific feedback; "you are travelling really fast"
- Praise individual tasks; "Great stepping"
- Use clear language when giving instructions – use single words where possible; "walk", "step"
- Use songs / rhymes to support the activity, Eg. "The Grand Ole Duke of York."

YOUTH SPORT TRUST   association for Physical Education   Active Partnerships — Engaging Communities, Transforming Lives   Yorkshire Sport Foundation

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary