



S.T.E.P PRINCIPLE

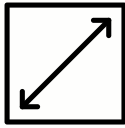


The STEP principle is an easy way to adapt, differentiate and extend PE lessons. Teachers and learners can use STEP as it helps to develop thinking skills and can challenge learners physically and socially.

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S - SPACE Where is the activity happening?



E.g. Could the space be modified? increasing or decreasing the area the learners have to work in or changing the distance allowed to score points.

T - TASK Where is happening?



E.g. Modify the task by changing the demands, the rules of the activity, the number of times the task is repeated, direction/level of movement or the duration of the task.

E - EQUIPMENT What is being used?



E.g. Modify the equipment by changing the size of the target, level of equipment or arrangement of equipment.

P - PEOPLE What is being used?



E.g. Modify the equipment by changing the size of the target, level of equipment or arrangement of equipment.