

PE LESSON ADAPTATIONS

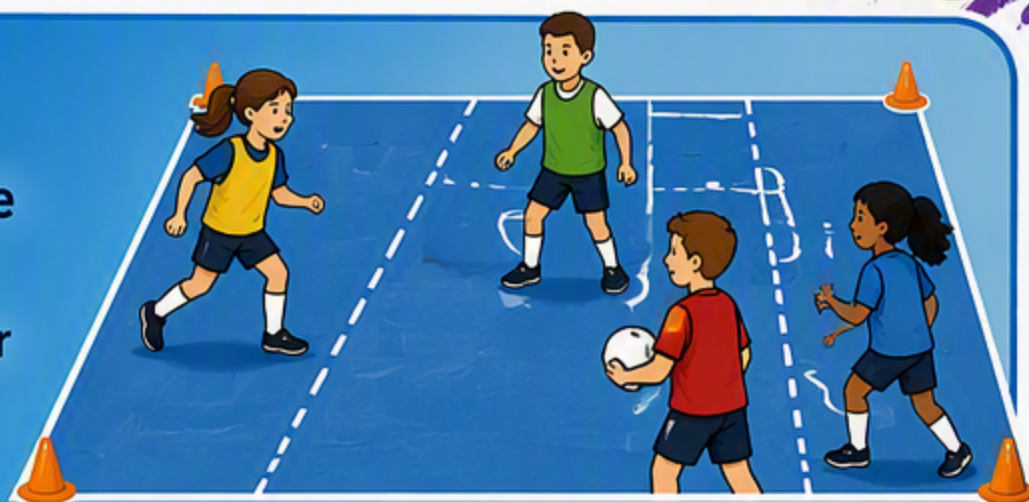
THE STEP PRINCIPLE

S

S - SPACE

Change the size or shape of the playing area

- Make it bigger or smaller
- Create zones
- Adjust distances



T

T - TASK

Adapt what pupils are asked to do

- Change rules
- Alter scoring systems
- Simplify or extend challenges



E

E - EQUIPMENT

Modify the equipment used

- Different ball sizes
- Softer equipment
- Increase or reduce targets



P

P - PEOPLE

Adjust who works together

- Pairs, groups or teams
- Mixed ability groupings
- Coaching and leadership roles



Use **STEP** to ensure PE lessons are inclusive, engaging and appropriately challenging for all learners.

