ADAPTIONS & VARIATIONS
STEP (Space, Task, Equipment, People)

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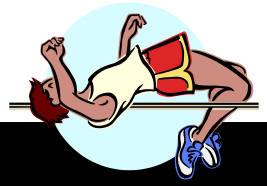
	Make Easier	Make Harder	Adapt for Disability	Health & Safety	Cross-Curricular Ideas
Running Activities	Shorter Distances Shorter Duration Run down a gentle slope Run with the wind behind Run in a straight line Run at one pace Fewer Obstacles Lower Obstacles Share distances as a team Walk instead of running	Longer Distances Longer Duration Run up hill or up a bank Run into the wind Keep changing direction Frequently change pace More Obstacles Higher Obstacles Run as an individual Run at a higher tempo	Run with a guide holding the end of a rope (visually impaired) Use visual or tactile starting signals for children with reduced hearing Set activities on even surfaces for children in wheelchairs Use sleeping policemen instead of hurdles	Clearly indicate the direction you want children to run. Ensure children have appropriate footwear Ensure ground surfaces are safe, particularly for speed and hurdling work Use obstacles which give or fall easily	**Maths** – children time & measure distance. Estimate time, distance, duration. Add up distances run/walked. Count stride patterns. Compare human speed to the speed of animals or transport. **Design** courses or routes around the school grounds. **Science** – look at heart rates **ICT** – input data from results **Geography** – Olympics & the continents
Jumping Activities	Standing jumps Shorter distances Lower heights Fewer combinations Give choice of combination Jump off two legs Jump of dominant leg	Jump with an approach Longer distances Higher Heights Many combinations Specify combinations Jump off one leg Jump off non-dominant leg	Throw a distance rather than jump or sit and reach in the target jump (wheelchair users) Use lines of the playground rather than heights for children with reduced range of movement	Surfaces are soft where possible and dry if jumping in the playground Keep jumping to short bursts Use obstacles which give or fall easily when struck Tape mats to the floor if they are likely to slide Check and rake pits for debris Jump away from walls or other apparatus Ensure children wear appropriate footwear	**Maths** - meaure and record performance Compare heights and distances to architectural landmarks. Compare human performance to animals *(see Animal Games DVD by the BBC)* **Literacy** - read stories about animals which jump Use language eg. fast, faster, fastest or high higher highest **History** - of the Ancient Olympics or Commonwealth
Throwing Activities	Lighter implements Smaller objects Softer implements Use balls/beanbags, etc Make targets closer Make targets larger Have more targets Use both hands Use dominant hand Throw standing up	Heavier implements Larger objects Harder implements Use javelins/shots, etc Make targets further away Make targets smaller Have fewer targets Use one hand Use non-dominant hand Throw sitting down or kneeling down	Use balls with bells inside (visually impaired) Attach throwing implements to a line Roll, push or strike throwing implement	Throwing zones are made clear & children throw & collect on command Soft athletic equipment is used (eg. adapted foam javelins or light rubber shots and hammers) Children throw away from windows, roads, other people	**Maths** – estimate weight, size, dimensions. Measure & record distance. Look at trajectories of a throw and angles. **Science** – look at bones or muscles of the body **English** – write 2012 newspaper reports **Design** – 2012 posters or invent throwing implements **Dance** – create themes around athletics events or Olympic opening ceremonies



JUMP CHALLENGE

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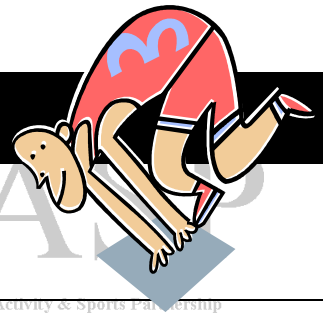
NAME	Standing LJ				Standing TJ				5 Bounding				10 Hops				Vertical Jump			
	1	2	3	Best	1	2	3	Best	1	2	3	Best	1	2	3	Best	1	2	3	Best

THROW CHALLENGE

SASP
Somerset Activity & Sports Partnership

NAME	Soft Javelin				Light Shot				Heave				Chest Push				Small Ball			
	1	2	3	Best	1	2	3	Best	1	2	3	Best	1	2	3	Best	1	2	3	Best



RUN CHALLENGE

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NAME	40 metres Hurdles	60 metres Run	6 x 10 metre Shuttle	How far can you run in 1 minute?	How far can you run in 5 minutes?

TEAM NAME _____

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		Standing Long Jump				Soft Javelin				50 metres	Speed Bounce
No.	NAMES	1	2	3	Best	1	2	3	Best	Time	Score
1											
2											
3											
4											
5											
6											
7											
8											
	TOTAL SCORES				Total Distance				Total Distance	Total Time	Total Number