The **STEP** Principle

Space: Change working space to make activity easier or harder

Where?
• Level (height), e.g. a floor-based game has different requirements from a game where participants are free to move around.
• Adaptation of the playing area – more space gives more reaction time, less space demands higher mobility skills, dodging, marking
• Length, height of barrier
• Distance travelled
• Use of zoned playing area to create safe areas in catch or tag type games
• Nearer to partner, further away, smaller / larger target area
• Allow some players to start at different times or from different places

Task: Change Task or rule to make activity more interesting or easier / harder

Physical action(s) What?
• Easier – simplify the game
• Harder – introduce more rules
• Rotate roles
• Allocate specific roles, e.g. bowler, timekeeper
• Change rules to aid inclusion, e.g. allow more lives for some children, count some players' scores as double
• Be flexible
• Try different ways of playing, e.g. seated, standing, lying
• Use different targets for some children
• Use distance hit rather than runs made to determine scores.

Equipment: Change piece of equipment to make

activity more interesting or easier / harder

	By type:		By varying:
With what?	• Balls • Bats • Mats • Hands • Turtles • Bells • Scarves • Feet • cones	• Rubber-lines • Hoops • Plank • Bench • Koosh ball • Stop-watch • whistle	• Size • Shape • Colour • Texture • Weight • Environment • Play surface • In / outdoor

How does it change the activity?	
Balls Lighter Larger Softer / slightly deflated Different colours	• Travel slower in the air and give more time • Easier to see, hit or catch • Travel slower on the floor • Children with a visual impairment may prefer one particular colour
Bats Larger Lighter Glove or attached bat	Easier to hit a ball (larger surface area) Easier to manipulate Enables player with impaired or absent grip to participate.

People

Change number of people to make

activity more interesting or easier / harder

	By type:	People with:	People in:
With whom?	• Independently • In groups • In pairs • In teams • With friends	• Different / same roles • Different / same ability • Different / same size	• Own space • Big spaces • Small spaces • Restricted spaces • Open spaces