YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

STEP



If players do not have SMILES, you need to STEP in to adapt the activities.

S	**Space**	Where it is happening.	• Different size or shape of area • Different height or distance of targets
T	**Task**	How it is happening.	• Different method, e.g. run or walk, throw or roll • Different rules
E	**Equipment**	What is being used.	• Different size, colour, texture, weight of objects • Different type or amount of equipment
P	**People**	Who is doing what.	• Different size, colour, texture, weight of objects • Different type or amount of equipment

You can...

- make the same change for the whole group
- make one or more changes for one player
- make different changes for different players.

Practical examples

	TARGET GAME e.g. boccia, skittles, throw golf	**KEEPY UPPY GAME** e.g. sitting volleyball, football, tennis
S	• Move targets closer or farther away. • Put targets in a line or spread them around. • Throw over or under obstacles.	• Play in a circle. • Have a lower or higher net. • Give each player a zone to defend.
T	• Score 2 points for hitting a target, not just 1. • Have 3 goes at each target, not just 1. • Roll balls instead of throwing.	• Play sitting down instead of standing up. • Allow one bounce without it being a fault. • Use different body parts.
E	• Throw bean bags instead of balls. • Have different colours for different points. • Use a chute to send the balls.	• Tap a balloon instead of a ball. • Use a bat instead of your hand. • Move around obstacles at the same time.
P	• Play in groups and have a team score. • Beat your own score, not your opponent's. • Ask young people to be scorers.	• Play alone or in pairs. • Cooperate with others instead of competing. • Have different servers and receivers.

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