#ThisIsPE

**Mobility — Stepping on and over objects**

**INCLUSIVE PE ///

Content outline

This activity aims to develop mobility and balance whilst stepping. This will include stepping on and over items

- Mobility
- Balance
- Stepping
- Sensory feedback

**Space**

- Increase the distance the young person is required to travel
- Decrease the distance away the young person is required to travel

**Equipment**

- Use different items to step over (Eg. Rope, cardboard hurdle, bags of flour)
- Use items which are different heights to add variety and adapt the difficulty of the task

**Task**

- Adapt the speed the young person is asked to travel
- Support the young person by holding their arm—this will help the young person balance
- Use a variety of different objects to act as ‘hurdles’, try to use different heights

**People**

- Gradually reduce the physical support given to complete each activity
- Reduce support by supporting higher up or further away from their centre of gravity
- Ask another person to compete against you — can this activity be developed into a short race?

**Learning intention**

**Physical:**
- To be able to step up and over items

**Personal:**
- To develop confidence in stepping up, on and over different items, and apply to everyday life — such as steps/stairs

**Verbal Instruction / Feedback:**
- Give each task specific feedback; “you are travelling really fast”
- Praise individual tasks; “Great stepping”
- Use clear language when giving instructions — use single words where possible; “walk”, “step”

This resource and supporting video have been created by:

**Angela Lydon, West Specialist Inclusive Learning Centre**

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

**Special Olympics Great Britain**

For further support on any of the activities please also visit: https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme

More resources

[www.youthsporttrust.org/free-home-learning-resources-secondary](http://www.youthsporttrust.org/free-home-learning-resources-secondary)