Content outline

This activity aims to develop mobility and balance whilst stepping. Using bare feet – we can also explore sensory experiences of different surfaces

- Mobility
- Balance
- Stepping
- Sensory feedback

S T T E P

This resource and supporting video have been created by:
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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

Space

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

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 surfaces to experience different textures
- Tasks can be completed in bare foot, or with footwear

Equipment

- Different types of surface
- Try to use everyday items to support the task (Eg. Door mat, tray filled with sand, wrapping paper)
- Footwear can be worn if this makes the young person more confident / comfortable

People

- Gradually reduce the physical support given to complete each activity
- Ask another person to compete against you – can this activity be developed into a short race?

Learning intention

Physical:
- To be able to step and walk on different surfaces

Personal:
- To recognise different sensory experiences using different surfaces / textures

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"
- Use songs / rhymes to support the activity, Eg. "The Grand Ole Duke of York."

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary