

Foundation and Key Stage 1 activity Cards

Using S.T.E.P to make the activities harder or Easier

We have done our best to give ideas and activities that all should be able to access but you may find that your child either finds it too easy or too hard (If you have older children then these can be adapted so all can play)

A simple way of doing this is to apply the S.T.E.P principle – Space, Task, Equipment, People. By changing one of these or a few you can change the difficulty of the activity:

S	Space	You can make an activity harder or easier by changing the space someone has to do it in, give them a smaller or larger object to balance in, a bigger space to move in or smaller spaces to increase control.
T	Task	Make the task easier or more complicated: You have to get 5 in rather than 1 or it needs to land near rather than in. It could be how you do the task: You have to do it with one hand or one leg or backwards.
E	Equipment	The size, weight and shape of the objects you use can make an activity harder or easier. Smaller objects can be harder to catch and lighter objects move slower. Try to use soft objects as it removes the worry of getting hurt and wont break things if your indoors!
P	People	The number of people involved in a game can have an effect on the difficulty. More people can make games harder or easier depending on the task nut will also allow you to work on turn taking and patience.