

The modifications on each Physical Education activity sheet from the PHE Home Learning Centre are aligned with the learning outcome and are provided utilizing the STEP Framework. The STEP Framework describes four main activity components - **space, task, equipment, and people** - that can be modified to meet the needs of each individual participant and provide a supportive learning environment (Kiuppis, 2018).

It is also important to note that the modifications we listed on each PE activity sheet is not comprehensive list of modifications. It is essential to get to know children and youth, and their abilities, before making modifications. This includes taking time to:

- Ask about their abilities and needs
- Understand the type of support they require (e.g., communication, physical, social)
- Define safety and how safety measures can be applied
- Determine their skill level in relation to the activity
- Balance the relationship of skill level to the complexity of the task
- Evaluate the success of the activity based on the modifications and adjust as necessary

S Space

- Where is the activity happening?
- Modify the physical space of the activity to match the skill level of participants and remove obstacles and distractions (e.g., distance travelled, size of playing area, use of different zones).

T Task

- What is happening?
- Modify the focus, difficulty, instructions, or skills of the task to provide participants with variation, creativity, and individualized progression.
- Instructions can be modified to incorporate visual, tactile, and verbal cues (e.g., a picture communication system or designated auditory or visual signals).

E Equipment

- What is being used?
- Modify the purpose, type, and use of equipment (e.g., size, shape, colour, texture, weight, etc.).
- Specialized equipment is available, but it is also easy to modify equipment if you are creative (e.g., balls with textures or sounds, plumbing pipe to use as ramps for throwing).

P People

- Who is involved?
- Modify the structure and formation of participant groupings based on their abilities.
- Rules can be modified to allow for different levels of participation within the same task.