



F/T: 0300 244 4000  
E: dfmcse@gov.scot

Directors of Education, Scottish Local Authorities

Document 8 – d) Draft letter to Directors of  
Education re: STEP

Our ref: «Ourref»  
«Date»

I have been hearing about the work of the Step Physical Literacy Programme and the many benefits it can have to as an additional support need intervention.

The Step Programme is a programme of exercises performed twice a day for 10 minutes. The exercises focus on the core skills of balance, eye-tracking and coordination. It is based on repetitive exercises that allow children to embed core physical functions. Pupils improve their automatic physical capabilities, resilience, self-confidence and capacity to learn. The Programme's construction supports holistic improvements in each pupil across academic attainment, wellbeing, physical ability and emotional functioning. Children who take part learn more efficiently, socialise more easily and participate more positively both inside and outside the classroom.

I am writing to ask that schools remain open to using the Step Programme where possible, as they consider how to utilise their Pupil Equity Funding.

**JOHN SWINNEY**

