

Oaktree School Curriculum Ladder

PE Step 1

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN THROW AN OBJECT TOWARDS A TARGET	
I CAN ROLL AN OBJECT TOWARDS A TARGET	
I CAN KICK AN OBJECT TOWARDS A TARGET	
<u>Swimming</u>	
I CAN ENTER THE WATER SAFELY	
I CAN EXIT THE WATER SAFELY	
<u>Body Management</u>	
I CAN STEP ONTO A BENCH WITH ASSISTANCE	

No. targets met	1	2	3	4	5	6
Point	1	2	3	4	5	6

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PE Step 2

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN THROW AN OBJECT TO HIT A TARGET	
I CAN ROLL AN OBJECT TO HIT A TARGET	
I CAN KICK AN OBJECT TO HIT A TARGET	
<u>Swimming</u>	
I CAN SPLASH MY FEET WHILST SITTING ON THE SIDE OF THE POOL	
I CAN MOVE ALONG THE POOL WALL HOLDING ON WITH ONE/BOTH HAND(S)	
<u>Body Management</u>	
I CAN STEP OFF OF A BENCH WITH ASSISTANCE	

No. targets met	1	2	3	4	5	6
Point	7	8	9	10	11	12

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PE Step 3

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN THROW AN OBJECT USING AN UNDER-ARM THROW	
I CAN CATCH AN OBJECT USING 2 HANDS	
I CAN HIT A BALL WITH A BAT/RACQUET/STICK	
<u>Swimming</u>	
I CAN WALK ACROSS THE POOL SPLASHING WATER	
I CAN JUMP UP AND DOWN IN THE WATER WITH ASSISTANCE	
<u>Body Management</u>	
I CAN STEP OVER A BENCH WITH ASSISTANCE	

No. targets met	1	2	3	4	5	6
Point	13	14	15	16	17	18

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PE Step 4

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN BOUNCE AND CATCH A BALL	
I CAN STRIKE A STATIONARY BALL WITH A BAT/RACQUET/STICK	
I CAN PASS A BALL TO ANOTHER PLAYER DURING AN ACTIVITY/GAME	
<u>Swimming</u>	
I CAN JUMP UP AND DOWN IN THE WATER INDEPENDENTLY	
I CAN BLOW BUBBLES IN THE WATER	
<u>Body Management</u>	
I CAN WALK ALONG A BENCH WITH ASSISTANCE	

No. targets met	1	2	3	4	5	6
Point	19	20	21	22	23	24

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PE Step 5

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN FOLLOW SIMPLE RULES TO PLAY AN ACTIVITY/GAME	
I CAN THROW, CATCH AND BOUNCE A BALL WITH A PARTNER	
I CAN PASS THE BALL IN DIFFERENT WAYS	
<u>Swimming</u>	
I CAN PUT MY FACE IN THE WATER	
I CAN FLOAT WITH SUPPORT AND THEN RETURN TO A STANDING POSITION	
<u>Body Management</u>	
I CAN STEP ONTO A BENCH SAFELY AND INDEPENDENTLY	

No. targets met	1	2	3	4	5	6
Point	25	26	27	28	29	30

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PE Step 6

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN MOVE SAFELY AROUND SPACE AND EQUIPMENT	
I CAN PRACTISE BASIC STRIKING/SENDING/RECEIVING SKILLS	
I CAN PEDDLE AND STEER A TRICYCLE	
I DIRECT A SHOT CORRECTLY IN AN ACTIVITY/GAME	
I CAN USE DIFFERENT WAYS OF TRAVELLING	
<u>Swimming</u>	
I CAN LIFT MY LEGS FROM THE POOL FLOOR WHILST USING A WOGGLE FOR SUPPORT	
I CAN PUT MY HEAD UNDER WATER	
<u>Body Management</u>	
I CAN STEP OFF OF A BENCH SAFELY AND INDEPENDENTLY	
I CAN STEP OVER A BENCH SAFELY AND INDEPENDENTLY	

No. targets met	1	2	3	4	5	6	7	8	9
Point	31	32	33	34	35	36	37	38	39

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PE Step 7

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN RUN AT DIFFERENT SPEEDS	
I CAN STRIKE/HIT A BALL WITH SOME CONTROL	
I CAN THROW AN OBJECT USING AN OVER-ARM THROW	
I CAN USE THE BRAKES WHEN NEEDED TO STOP A TRICYCLE	
I CAN PERFORM LEARNT SKILLS WITH SOME CONTROL	
<u>Swimming</u>	
I CAN KICK MY LEGS WHILST HOLDING A FLOAT WITH ASSISTANCE	
I CAN FLOAT ON MY BACK	
<u>Body Management</u>	
I CAN WALK ALONG A BENCH SAFELY AND INDEPENDENTLY	
I CAN MOVE UNDER A PIECE OF EQUIPMENT	

No. targets met	1	2	3	4	5	6	7	8	9
Point	40	41	42	43	44	45	46	47	48

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PE Step 8

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN TRAVEL AT DIFFERENT SPEEDS AND IN DIFFERENT DIRECTIONS	
I CAN TRAVEL WITH A BALL IN DIFFERENT WAYS	
I CAN USE DIFFERENT METHODS OF THROWING AND CATCHING	
I CAN PEDDLE AND STEER A TRICYCLE THROUGH A SLOLOM COURSE	
I CAN THROW A BALL OVER DISTANCE	
<u>Swimming</u>	
I CAN SWIM A WIDTH USING A WOGGLE FOR SUPPORT	
I CAN SWIM 5 METRES	
<u>Body Management</u>	
I CAN HOLD A BALANCE ON 1 BODY PART	
I CAN PASS AN OBJECT OVER/UNDER/SIDE TO A TEAM-MATE	

No. targets met	1	2	3	4	5	6	7	8	9
Point	49	50	51	52	53	54	55	56	57

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PE Step 9

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN USE DIFFERENT METHODS OF THROWING AND CATCHING DURING AN ACTIVITY/GAME	
I CAN MOVE WITH BALL IN A VARIETY OF WAYS WITH SOME CONTROL	
I CAN CHANGE SPEED AND DIRECTION WHILST RUNNING	
I CAN USE BASIC FIELDING SKILLS TO STOP A BALL TRAVELLING PAST ME	
I CAN USE ONE TECHNIQUE TO ATTACK/DEFEND DURING AN ACTIVITY/GAME	
<u>Swimming</u>	
I CAN KICK MY LEGS WHILST HOLDING A FLOAT INDEPENDENTLY	
I CAN SWIM 10 METRES	
<u>Body Management</u>	
I CAN HOLD A BALANCE ON A WOBBLE BOARD	
I CAN HOLD A BALANCE USING MORE THAN ONE BODY PART	

No. targets met	1	2	3	4	5	6	7	8	9
Point	58	59	60	61	62	63	64	65	66

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PE Step 10

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN POSITION MY BODY CORRECTLY TO STRIKE A BALL	
I CAN PERFORM A TASK USING A RANGE OF ACTIONS/BODY PARTS WITH SOME CO-ORDINATION	
I CAN DEMONSTRATE BASIC DEFENSIVE SKILLS E.G. MARKING A PLAYER/DEFENDING A SPACE DURING AN ACTIVITY/GAME	
I CAN DEMONSTRATE BASIC ATTACKING SKILLS E.G. MARKING A PLAYER/DEFENDING A SPACE DURING AN ACTIVITY/GAME	
I CAN USE TERMS THAT DESCRIBE ATTACKING/DEFENDING	
<u>Swimming</u>	
I CAN FLOAT ON MY FRONT	
I CAN TREAD WATER FOR 30 SECONDS	
<u>Body Management</u>	
I CAN HOLD A 'WHEELBARROW' POSITION	
I CAN BALANCE ON ONE FOOT WHILST THROWING AND CATCHING A BALL	

No. targets met	1	2	3	4	5	6	7	8	9
Point	67	68	69	70	71	72	73	74	75

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PE Step 11

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN COMPETE AGAINST MY INDIVIDUAL/OTHERS PERFORMANCE	
I CAN TALK ABOUT WHAT I HAVE DONE	
I CAN STRIKE A BALL OVER DISTANCE	
I CAN USE DIFFERENT TECHNIQUES TO STRIKE A BALL	
I CAN THROW A BALL IN DIFFERENT WAYS E.G. HIGH, LOW, FAST, SLOW	
<u>Swimming</u>	
I CAN TREAD WATER FOR 1 MINUTE	
I CAN PUSH AND GLIDE ON MY FRONT	
<u>Body Management</u>	
I CAN HOLD A 'CRAB' POSITION	
I CAN HOLD A BALANCE ON A WOBBLE BOARD WHILST THROWING AND CATCHING A BALL	

No. targets met	1	2	3	4	5	6	7	8	9
Point	76	77	78	79	80	81	82	83	84

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PE Step 12

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN TALK ABOUT WHAT OTHERS HAVE DONE	
I CAN BUILD A RALLY WITH A PARTNER	
I CAN DEMONSTRATE BASIC SPACIAL AWARENESS DURING AN ACTIVITY/GAME	
I CAN VARY THE TYPES OF THROW SPECIFIC TO A TASK	
I CAN WIN BACK POSSESSION OF A BALL DURING AN ACTIVITY/GAME	
<u>Swimming</u>	
I CAN PERFORM 2 FLOATS E.G. MUSHROOM, STAR	
I CAN SWIM A WIDTH HOLDING A FLOAT, KICKING LEGS WITH ALTERNATING ARMS	
<u>Body Management</u>	
I CAN PERFORM AND HOLD A 'SUPERMAN' STRETCH	
I CAN CATCH A BALL FROM VARYING HEIGHTS WHILST HOLDING A BALANCE	

No. targets met	1	2	3	4	5	6	7	8	9
Point	85	86	87	88	89	90	91	92	93

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PE Step 13

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN WATCH AND DESCRIBE PERFORMANCES	
I CAN MAKE USE OF SPACE TO PASS AND RECEIVE A BALL SUCCESSFULLY	
I CAN USE DIFFERENT WAYS OF THROWING AND CATCHING AND KNOW WHICH IS APPROPRIATE TO USE DURING AN ACTIVITY/GAME	
I CAN WIN BACK AND THEN MAINTAIN POSSESSION DURING AN ACTIVITY/GAME	
I CAN USE A BAT/RACQUET/STICK TO STRIKE A BALL WITH CONTROL AND ACCURACY	
<u>Swimming</u>	
I CAN PICK AN OBJECT UP FROM THE BOTTOM OF THE POOL	
I CAN DEMONSTRATE A SAFE ENTRY INTO THE POOL USING A JUMP	
<u>Body Management</u>	
I CAN HOLD A PLANK FOR 30 SECONDS	
I CAN PERFORM A 'LOG' ROLL	

No. targets met	1	2	3	4	5	6	7	8	9
Point	94	95	96	97	98	99	100	101	102

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PE Step 14

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN USE A VARIETY OF WAYS TO DRIBBLE WITH A BALL DURING AN ACTIVITY/GAME SUCCESSFULLY	
I CAN PERFORM A RANGE OF CATCHING AND GATHERING SKILLS WITH CONTROL AND CONSISTENCY	
I CAN STRIKE A MOVING BALL WITH A BAT/RACQUET/STICK	
I CAN SUCCESSFULLY AND CONSISTENTLY PASS/MAINTAIN POSSESSION OF A BALL DURING AN ACTIVITY/GAME	
I CAN PASS A BALL WITH CONTROL AND ACCURACY USING THE APPROPRIATE TECHNIQUES REQUIRED FOR THE ACTIVITY/GAME	
<u>Swimming</u>	
I CAN SWIM 25 METRES	
I CAN SWIM HALF WAY ACROSS THE POOL ON MY FRONT AND THEN ROTATE ONTO MY BACK AND FINISH THE WIDTH	
<u>Body Management</u>	
I CAN JUMP AND LAND SAFELY OFF A BENCH	
I CAN HOLD A 'WHEELBARROW' POSITION AND MOVE FORWARD/BACKWARD	

No. targets met	1	2	3	4	5	6	7	8	9
Point	103	104	105	106	107	108	109	110	111

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PE Step 15

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN PERFORM LEARNT SKILLS AND TECHNIQUES WITH CONTROL AND CONFIDENCE.	
I CAN STATE HOW A TEAM/INDIVIDUAL PERFORMANCE COULD IMPROVE	
I CAN USE INDIVIDUAL FIELDING SKILLS TO MAKE IT DIFFICULT FOR A PLAYER TO SCORE	
I CAN CONTROL A BALL CONSISTENTLY WITH CORRECT TECHNIQUE, FLUENCY AND CONTROL	
I CAN MAINTAIN/USE POSSESSION EFFECTIVELY	
<u>Swimming</u>	
I CAN PERFORM A SOMERSAULT	
I CAN JUMP IN, TREAD WATER FOR 1 MINUTE AND THEN SWIM BACK TO POINT OF ENTRY AND CLIMB OUT OF THE POOL	
<u>Body Management</u>	
I CAN HOLD A 'CRAB' POSITION AND MOVE FORWARD/BACKWARD	
I CAN HOLD A 'WHEELBARROW' POSITION AND MOVE MY BODY IN DIFFERENT DIRECTIONS	

No. targets met	1	2	3	4	5	6	7	8	9
Point	112	113	114	115	116	117	118	119	120

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PE Step 16

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN PERFORM AND APPLY SKILLS AND TECHNIQUES WITH CONTROL AND ACCURACY.	
I CAN WATCH, DESCRIBE AND EVALUATE THE EFFECTIVENESS OF A PERFORMANCE	
I CAN TRAVEL AT SPEED WITH A BALL IN DIFFERENT DIRECTIONS WITH CONTROL AND FLUENCY	
I CAN MAINTAIN/USE POSSESSION EFFECTIVELY TO ACHIEVE A SUCCESSFUL OUTCOME	
I CAN POSITION MYSELF ACCORDINGLY IN A TEAM/INVASION GAME	
<u>Swimming</u>	
I CAN PUSH AND GLIDE INTO A HANDSTAND	
I CAN DEMONSTRATE A 'REACH RESCUE' AND TALK PARTNER TO SAFETY	
<u>Body Management</u>	
I CAN HOLD A 'CRAB' POSITION AND MOVE MY BODY IN DIFFERENT DIRECTIONS	
I CAN HOLD A PLANK FOR 1 MINUTE	

No. targets met	1	2	3	4	5	6	7	8	9
Point	121	122	123	124	125	126	127	128	129

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PE Step 17

Name: _____

Learning Objective	Date
<u>Skill-based</u>	
I CAN WATCH, DESCRIBE AND EVALUATE THE EFFECTIVENESS OF A PERFORMANCE AND PROVIDE IDEAS FOR IMPROVEMENT	
I CAN PERFORM AND APPLY A VARIETY OF SKILLS AND TECHNIQUES CONFIDENTLY, CONSISTENTLY AND WITH PRECISION.	
I CAN USE GOOD HAND-EYE CO-ORDINATION TO DIRECT A BALL WHEN STRIKING/HITTING	
I CAN TRAVEL WITH A BALL USING A RANGE OF TECHNIQUES WITH CONTROL AND FLUENCY	
I CAN CHOOSE THE CORRECT TYPE OF THROW SPECIFIC TO TASK AND PERFORM THE ACTION WITH CONTROL AND FLUENCY	
<u>Swimming</u>	
I CAN SWIM A VARIETY OF STROKES WITH CORRECT TECHNIQUE, CONTROL AND FLUENCY	
I CAN PERFORM A HEAD/FEET FIRST SURFACE DIVE	
<u>Body Management</u>	
I CAN PERFORM AND HOLD A 'SUPERMAN' STRETCH WITH CONTROL AND CO-ORDINATION	
I CAN PERFORM A FORWARD/BACKWARD SOMERSAULT	

No. targets met	1	2	3	4	5	6	7	8	9
Point	130	131	132	133	134	135	136	137	138

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