



Launching into PE

Benchmarks 1-10

P1 - I can run freely and play, even if I sometimes bump into things.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P2 - I can squat down to pick up a toy and stand up again without falling.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P3 - I can carry a large object while walking across the room, balancing it carefully.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P4 - I can bounce on a trampoline independently, having fun as I jump.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P5 - I can walk upstairs and downstairs while holding on to the railing for support.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P6 - I can jump from a small step and land on my feet without wobbling.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P7 - I can kick a large ball accurately towards a target, watching it roll.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P8 - I can catch a large ball thrown to me using both hands.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P9 - I can ride a tricycle using the pedals, steering confidently as I go.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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P10 - I can participate in simple team games, working together with friends to score points.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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