



### PE Skills Overview Grid: Lower KS2

Key Skills	Year 3						Year 4						
	Term	A1	A2	Sp1	Sp2	Su1	Su2	A1	A2	Sp1	Sp2	Su1	Su2
Running, jumping, throwing and catching		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
Competitive games (attack and defend)			✓	✓			✓		✓	✓			✓
Flexibility, strength, technique, control and balance		✓	✓	✓	✓		✓	✓	✓	✓	✓		✓
Dance using range of movements						✓						✓	
Outdoor and adventurous activities													
Comparing performances to achieve PB		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓