



**PE Skills Overview Grid: Upper KS2**

Key Skills	Year 5						Year 6						
	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		✓			✓	✓		✓	✓			✓	