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## Skills used in PE








 $A \quad A \quad X \quad V \quad I \quad U \quad Z \quad H \quad X \quad I \quad P \quad T \quad O \quad G \quad W \quad L \quad Q \quad G \quad G \quad S \quad O \quad R \quad G \quad S$
 Q P P D F N O W Y B U I O U W X J O A G N I K C I K V B $\quad$ I
 $\begin{array}{lllllllllllllllllllllll}R & J & Q & W & C & N & U & D & X & J & W & T & R & S & D & G & S & E & W & P & Z & I & R\end{array}$ O T T O F U H T T J U I G N I L B B I R D N O U



 E $\quad \mathrm{P} \quad \mathrm{Z}$


 $\begin{array}{llllllllllllllllllllllll}D & N & T & N & X & J & D & D & L & B & G & N & I & P & M & U & J & Z & R & R & U & K & H & Q\end{array}$

| stretching | volleying | dribbling | galloping | extending |
| :--- | :--- | :--- | :--- | :--- |
| trapping | striking | throwing | catching | twisting |
| skipping | kicking | tossing | turning | raising |
| lifting | flexing | bending | sliding | leaping |
| hopping | jumping | running | Walking |  |

