

Mastering Ball Skills

Learning objective: To understand and describe different ball skills in PE.

Show your knowledge of ball skills by matching the question to the correct answer.

What is the action of moving the ball around with your feet?	[TERM]: [definition] Ball Control
Which ball skill involves hitting the ball with the top of your head?	[TERM]: [definition] Heading
What is the action of hitting the ball with your foot?	[TERM]: [definition] Kicking
Which ball skill involves hitting the ball with your palms?	[TERM]: [definition] Volunteering
What is the action of hitting the ball with your whole body, except your hands?	[TERM]: [definition] Volunteering
Which ball skill involves moving the ball around with your feet and hands?	[TERM]: [definition] Dribbling