

Mastering Ball Skills

Learning objective: To recall and demonstrate different types of ball skills in various sports.

Complete the Ball Skills Sorting Chart by matching each ball skill with the correct sport or activity.

Word bank: Dribbling · Throwing · Rolling · Kicking · Popping · Volleying · Rugby · Football · Netball · Basketball

1. What ball skill is often used in football to control the ball with one's feet? (2 marks)

2. Which sport involves throwing the ball to a teammate? (2 marks)

3. What ball skill is used to propel the ball into the air in a variety of sports? (2 marks)

4. What is the name of the ball skill used in basketball to score points from under the hoop? (2 marks)

5. In which sport is the ball skill 'dribbling' often used to move the ball around the opponent's players? (2 marks)

6. Which sport involves the ball skill 'kicking' to score points? (2 marks)

7. What ball skill is essential for playing rugby? (2 marks)

Draw: Draw a scene showing a player demonstrating a ball skill in their favourite sport.



Extension challenge: Create a short paragraph explaining the importance of ball skills in team sports and how they can be improved with practice and patience.