

Ball Skills Assessment

Learning objective: To assess pupils' understanding and application of ball skills, including throwing, catching, and kicking.

Please answer the following questions to the best of your ability.

Word bank: ball · throw · catch · kick · dribble · volley · serve

1. What is the most important thing to remember when throwing a ball to a friend? (1 mark)

2. Describe a time when you had to catch a ball in a game. (2 marks)

3. How do you make a ball bounce higher when kicking it? (2 marks)

4. What is a type of shot in tennis that involves hitting the ball in the air? (1 mark)

5. Explain why it is easier to kick a ball that is stationary rather than one that is moving. (3 marks)

6. Can you think of a sport where throwing and catching the ball are essential skills? (1 mark)

7. Draw a picture of yourself playing a game that involves dribbling a ball. (3 marks)

Draw: Remember to include yourself and the ball in your picture.



Extension challenge: {'text': 'Write a short story about a time when you had to use your ball skills to overcome a challenge. What was the challenge, and how did you use your skills to succeed?', 'marks': 5}