Ball Skills Factsheet

Learning objective: To recall and describe different ball skills used in sports and games.

Complete the factsheet by filling in the boxes with your own information and drawings. Use the word bank to help you.

A sports day is being held at our school. Our PE teacher is teaching us different ball skills. We have to learn how to throw, catch and kick a football.

Word bank: bouncing · throwing · volleying · dribbling · passing · catching · rolling

1. A football is thrown to a friend. What is the ball skill used in this action? (1 mark)

2. A player kicks a football into the air and catches it. What is the ball skill used in this action? (1 mark)

3. A player rolls a basketball to a friend. What is the ball skill used in this action? (1 mark)

4. List three different ball skills that can be used in games. (3 marks)

5. Sketch a picture of someone using the ball skill 'volleying'. (2 marks)

6. Explain why ball skills are important in sports. (3 marks)

7. Imagine you are playing a game of cricket. Describe a time when you used the ball skill 'catching'. (3 marks)

Draw: Draw a picture of someone showing off their favourite ball skill.

Extension challenge: Create a short video or animation demonstrating different ball skills and share it with the class.