

Year 4 Physical Education: Mastering Ball Skills Assessment

Learning objective: To assess understanding of ball control, tactical awareness, and the biomechanics of throwing, catching, and dribbling in team sports.

Read each question carefully. Use your knowledge of movement, space, and control to provide detailed answers. Remember to use technical vocabulary where appropriate.

Max the monkey is coaching a team for a ball game tournament. He notices that when pupils focus on the trajectory of the ball and maintain a low centre of gravity, their accuracy improves significantly. However, some players forget to look for open space, leading to congested play. To succeed, players must balance individual skill with team communication.

Word bank: trajectory · pivot · spatial awareness · momentum · coordination · tactics · follow-through · reaction time

1. Explain why maintaining a 'low centre of gravity' is important when dribbling a ball or defending against an opponent. (2 marks)

2. When throwing a ball to a teammate who is running, why is it necessary to aim in front of them rather than directly at them? (2 marks)

3. Describe the correct technique for catching a fast-moving ball. Include how you use your hands and arms to absorb the ball's momentum. (3 marks)

4. Max suggests that 'spatial awareness' is the most important skill in a team game. Justify this statement by explaining how using empty space helps a team score more points. (4 marks)

5. Compare and contrast the skills required for dribbling a ball with your feet compared to dribbling with your hands. What are the main differences in control? (4 marks)

6. If you were teaching a younger pupil how to pass a ball accurately, what three 'Golden Rules' would you tell them? Explain why each rule is vital for success. (5 marks)

7. Scenario: You are playing a game and your team is losing by £5.00 worth of imaginary points. The other team is playing very defensively. What tactical change would you suggest to your teammates to break through their defence? (5 marks)

Draw: Draw a diagram showing a player in a 'ready position' to receive a ball. Label the following: knees, eyes, hands, and the direction of the ball's trajectory.



Extension challenge: Imagine you have invented a new ball sport. Write a short paragraph explaining the main objective of the game and one specific rule that requires players to use high-level coordination. Total: /25