

Max the Monkey's Ball Skills Quiz

Learning objective: To identify and describe basic ball control skills and safety in physical education.

Hello! I am Max the Monkey. I love using maths and movement to solve puzzles. Read each question carefully. Use the word bank if you get stuck. You can do it!

Answer Key: 1. A, 2. B, 3. True, 4. Dribbling, 5. False, 6. Eyes, 7. Passing, 8. True, 9. Hands, 10. Control.

Word bank: Dribbling · Passing · Control · Catching · True · False · Eyes · Hands

1. 1. Which skill means moving a ball with your feet? A) Dribbling* B) Catching C) Sleeping D) Jumping (1 mark)

2. 2. When you catch a ball, where should your eyes be? A) On the ground B) On the ball* C) At the sky D) On your friend (1 mark)

3. 3. True or False: You should always warm up your muscles before playing ball games. (1 mark)

4. 4. What do we call it when you send the ball to a teammate? (Hint: Starts with P) (1 mark)

5. 5. True or False: It is safe to run into other people while playing. (1 mark)

6. 6. To catch a ball well, you must keep your _____ on the ball at all times. (1 mark)

7. 7. Which skill helps you move the ball to a friend? A) Passing* B) Sitting C) Hiding D) Resting (1 mark)

8. 8. True or False: Keeping your body balanced helps you move better. (1 mark)

9. 9. When catching a ball, you should use your _____ to form a cup shape. (1 mark)

10. 10. What do we call it when we keep the ball close to us? A) Control* B) Dropping C) Running D) Ignoring (1 mark)

Draw: Draw a picture of Max the Monkey playing with a ball in the park. Make sure he is looking at the ball!



Extension challenge: Think of one game where you use your feet to move a ball. Write the name of the game here: _____.