

Class 5 PE Assessment: Mastering Ball Skills

Learning objective: To demonstrate knowledge, understanding, and application of ball control, tactical awareness, and physical coordination in team sports.

Read each question carefully. Use the word bank to help you express your ideas clearly. Show your working where necessary for tactical questions.

Max the monkey is organising a friendly match for the BookFlik team. He knows that having the ball is only half the battle; knowing how to move, pass, and defend is what makes a great player. Whether using your feet or your hands, consistency and teamwork are the keys to success.

Word bank: Accuracy · Coordination · Communication · Tactics · Dribbling · Interception · Spatial awareness · Pacing · Control

1. Identify two specific body parts you might use to maintain control of a ball while dribbling in a football-style game, and explain why using these parts helps with control. (2 marks) (2 marks)

2. Explain why 'spatial awareness' is important when you are trying to find a teammate to pass to. (3 marks) (3 marks)

3. Max is teaching the team about 'interception'. Define what an interception is and describe one piece of advice you would give to a defender trying to intercept a pass. (4 marks) (4 marks)

4. If you are playing a game and your team is losing by £5 worth of 'points' (where each goal equals £1), suggest two tactical changes you could make to try and equalise the score. (4 marks) (4 marks)

5. Why is clear communication between teammates essential during a high-speed ball game? Give an example of a useful verbal cue you might shout to a teammate. (3 marks) (3 marks)

6. Extended Writing Task: Describe how you would coach a friend to improve their accuracy when throwing or kicking a ball towards a target. Include details on stance, focus, and follow-through. (5 marks) (5 marks)

Draw: Draw a diagram of a simple drill that involves passing a ball between three players, using arrows to show the movement of the ball and the players.



Extension challenge: Total: /25. Think about a sport you have played. If you could invent a new rule to make the game fairer or more exciting, what would it be and why?