

Year 5 Physical Education: Mastering Ball Skills

Learning objective: To assess understanding of ball control, tactical awareness, and the biomechanics of movement within team games.

Read each question carefully. Use your knowledge of movement, control, and strategy to provide detailed answers. Ensure your explanations are clear and use subject-specific terminology.

Max the monkey is coaching a team of forest animals. To win the Golden Acorn Tournament, the team must master dribbling, accurate passing, and defending space. Max reminds them that keeping their eyes on the ball while using peripheral vision is the key to outsmarting opponents. Whether using feet, hands, or a racket, the principles of force and direction remain the same.

Word bank: Trajectory · Peripheral vision · Control · Tactics · Coordination · Momentum · Spatial awareness · Agility

1. When dribbling a ball, why is it important to use 'peripheral vision' rather than staring directly at the ball? Explain the tactical benefit. (2 marks)

2. Describe the correct body position required to maintain balance when preparing to strike or throw a ball with maximum power. (2 marks)

3. Compare and contrast the skills needed for a short, accurate chest pass versus a long, aerial pass. How does the trajectory change? (3 marks)

4. Justify why 'spatial awareness' is considered the most important skill for a defender in a team game. What might happen if a defender ignores the space around them? (4 marks)

5. If you were purchasing equipment for a school sports day, you have a budget of £50. You need to buy 4 footballs at £7.50 each and 3 sets of cones at £5.00 each. Calculate the total cost and explain if you have enough money left over to buy a £10 whistle. (4 marks)

6. Extended Writing: Imagine you are the team captain. Design a warm-up drill that improves both agility and ball control. Explain how your drill works and why it helps a player become a more effective team member. (5 marks) (5 marks)

7. Explain why following the rules of a game is essential for 'fair play' and how it impacts the overall success of a match. (5 marks)

Draw: Draw a diagram of a game situation showing an 'attacking triangle'. Label the positions of three players and use an arrow to show the optimal path for a ball to travel to avoid an opponent.



Extension challenge: Total: /25. Imagine a scenario where a game ends in a draw. Evaluate the impact of different tactical decisions made during the match. How could the team have adjusted their formation to secure a win? Write a 150-word analytical reflection on the importance of adaptability in sports.