

Name:

Date:

## KS2 Quiz

Unit title: Football

**1** When dribbling, what parts of the foot have you been taught to use?

- A** The inside and top.
- B** The sole and inside.
- C** The inside and outside.
- D** The outside and top.

**2** True or false, you can turn using the inside and outside of your feet?

- A** True.
- B** False.

**3** With which part of the foot should you pass and receive?

- A** The inside.
- B** The outside.
- C** The top.
- D** The sole.

**4** When shooting, where should you plant the non-kicking leg?

- A** In front of the ball.
- B** Over the ball.
- C** Next to the ball.
- D** On top of the ball.

**5** Which of the following statements is NOT a good examples of teamwork?

- A** Give everyone a role.
- B** Score all of the goals yourself.
- C** Share possession.
- D** Communicate supportively.

**6** Why is it important to warm up before exercise?

- A** To help our muscles recover.
- B** To feel warmer.
- C** To speed up our breathing..
- D** To increase blood flow to muscles so they are prepared for exercise.

**7** Why is it important to cool down after exercise?

- A** To feel cooler.
- B** To allow the body to return to a restful state and help with muscle recovery.
- C** To slow our breathing.
- D** To increase blood flow to muscles so we are prepared for exercise.