

Name:

Date:

KS2 Quiz

Unit title: Football

1 How do you do a drag back turn?

- A Use the top of the foot to drag the ball backwards, turn your body and go off in a different direction.
- B Use the inside of the foot to drag the ball backwards, turn your body and go off in a different direction.
- C Use the sole of the foot to drag the ball backwards, turn your body and go off in a different direction.
- D Use the outside of the foot to drag the ball backwards, turn your body and go off in a different direction.

2 Which of the following passes have you NOT been taught in this unit?

- A Over the top.
- B Curve.
- C Short.
- D Long.

3 How do you lift the ball for an over the top pass?

- A The top of the foot should hit the underside of the ball.
- B You kick the ball extra hard.
- C The inside of the foot should hit the middle of the ball.
- D The top of the foot should hit the top of the ball.

4 How do you aim when shooting?

- A Face the direction you want to go.
- B Angle the planted foot, make sure your body finishes in the direction the ball should travel.
- C Point an arm in the direction you want to shoot.
- D Strike the ball and make sure your body follow its path.

5 Which parts of the foot can you use to strike the ball when shooting?

- A The sole and top of the foot.
- B The inside and outside of the foot.
- C The outside and sole of the foot.
- D The inside and top of the foot.

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6 How can a team work together to break down a defence?

- A Use one player to dribble past all of the defenders.
- B Attack as a unit with one player drawing a defender away.
- C Everybody goes towards the goal to shoot.
- D Wait for the defence to get tired and make your move.

7 Why does your heart rate increase after exercise?

- A To heat you up.
- B To make the muscles work faster.
- C To help you to breathe quicker.
- D To pump blood and oxygen quicker around the body to the muscles in use.

8 How do you find the difference between your active and resting heart rates?

- A You subtract the resting heart rate from the active heart rate.
- B You count on from your resting heart rate.
- C You multiply the answers by four.
- D You count backwards from 60.

9 What are the benefits of doing a cool down?

- A It is good for your mental health.
- B It circulates the blood to your lungs so you can breathe better.
- C It allows the body temperature and heart rate to return to normal and it reduces the chance of muscle stiffness.
- D It allows the body to keep warm and stay flexible.