



Grade 07

Health and Physical Education.

Unit : 05  
Let us play net ball

Part I

Underline the most suitable answer

1. A drill that can be done without a ball in netball during landing is,
  - i) Land on both feet, keep one foot forward
  - ii) Jump u with both feet and throw
  - iii) Do a run – up, take off with one foot and land with the other foot over the line.
  - iv) Land on one foot, pivot and throw the ball.
  
2. An activity /activities used to improve footwork in netball
  - i) Run on the spot slowly and stop at the command.
  - ii) Run on the spot, on the balls of your feet and stop at the command.
  - iii) Run fast on the spot and stop at the command.
  - iv) All of the above
  
3. The following drill is used to
  - i) Practise movement in different directions
  - ii) Practise landing without a ball
  - iii) Practise landing with a ball
  - iv) None of the above



Part II

- 1) Write 3 activities that can be used improve skills in foot work of net ball.

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2) State 2 drills that can be practiced movement in different directions.

3) Write a rule in net ball in foot work.

4) There is a drill called "pivoting" in net ball. Briefly explain about it.



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