



Grade 07

Health and Physical Education

**Unit : 06**  
Let us play football

Part I

- Underline the most suitable answer.

1. The correct statement about kicking the ball in foot ball is,

- There three methods of kicking the ball in foot ball.
- When using inner side of the foot, curved outside part of the foot
- Instep of the foot is used in a corner kick.
- Inner side of the foot is used in a penalty kick.

2. This is not a part of your body that is used in ball controlling of foot ball,

- Head
- Chest
- Abdomen
- Shoulders

3. This is a skill of foot ball,

- Foot work
- Dribbling
- Attacking
- Shooting

4. This is not an instance where the inner side of the foot is used to kick the ball.

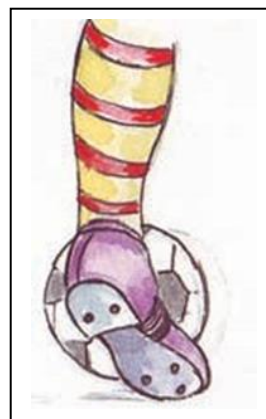
- A kick at the goal
- A corner kick
- A penalty kick
- To kick a stationary ball hard

5. Number of reserve players in a football team is

- 7
- 5
- 11
- 6

6. The following picture shows

- Kicking with the instep of the foot
- Controlling the ball with the inner side of the foot
- Controlling the ball with the instep of the foot
- Kicking with the inner side of the foot



Part II

1) Name 5 skills in foot ball.

2) Briefly explain the methods of kicking the ball.

3) Write 2 methods of ball controlling in foot ball.



4) Draw 2 activities that can be used to improve ball controlling in foot ball.

agaram.lk