



Grade 08

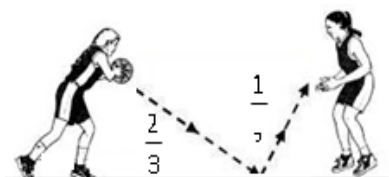
Health and Physical Education.

Unit : 3 - Let us play
net ball

Part I

Underline the most suitable answer.

1. A two handed method of passing the ball in net ball.
 - i) Shoulder pass
 - ii) Lob pass
 - iii) Side pass
 - iv) Under arm pass
2. The number of players that should be positioned in the court to play a net ball game is,
 - i) 6
 - ii) 7
 - iii) 8
 - iv) 14
3. The length and the width of a netball court respectively are,
 - i) 35.5 m, 15.25 m
 - ii) 30.25 m, 15.50 m
 - iii) 25.5 m, 10.50 m
 - iv) 30.5 m, 15.25 m
4. The following picture shows an activity done to practice
 - i) Chest pass
 - ii) Side pass
 - iii) Bounce pass with one hand
 - iv) Bounce pass with two hands



5. The correct way of holding the ball in net ball is,
 - i) Keep the thumbs and other fingers of the two hands forming a triangular shape.
 - ii) Stretch the thumbs and the other fingers directing them forwards and keep the two hands in a "w" shape.
 - iii) Keep the fingers freely forming a spherical shape.
 - iv) Stretch the thumbs and other fingers freely forming a "v" shape.

Part II

- Answer all questions.
 - 1) Name the main two types of passing the ball in netball with examples.
 - 2) Write two factors that should be taken into consideration when catching the ball in net ball.
 - 3) State 3 factors that should be taken into consideration when throwing the ball in net ball.
 - 4) Briefly explain the following activities relate to net ball (with diagrams)
 - Activities to practice the over hand pass and the side pass.
 - Activities to practice the bounce pass.