



**Dog Kennel Hill Primary School**  
East Dulwich  
London  
SE22 8AB



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Dear parents and Carers,

Please find attached a range of Physical Education related Quiz/Questions.

I hope this helps but if you have any other suggestions please email the school and we will do our best to share ideas with other parents.

Yours sincerely,

Ms Reid  
Science and Physical Education Lead

### **Year 1 & 2 – Multi Sports**

1. When you have the ball which of following allows you to have good control whilst throwing?
  - a. Feet together
  - b. Balancing on one leg
  - c. Feet in good base
2. When ready to catch a ball, what must you do with your hands?
  - a. Hands by your side
  - b. Hands together ready to catch
  - c. Hands up above your head
3. Which of the following explains pivoting?
  - a. Keeping one foot on the ground without changing its position on the floor
  - b. Switching feet but one foot must stay on the ground
4. When shooting the basketball or netball, what must my eyes always be looking at?
  - a. The ball (so I know where it will go)
  - b. The target (so I know what I'm aiming for)
  - c. Keep my eyes closed
5. Which of our body parts helps us keep balance whilst jumping? Select multiple answer
  - a. Arms
  - b. Knees
  - c. Feet
  - d. Fingers
6. Which of our body part allows us to have a good landing? Select one answer
  - a. Soft Knees
  - b. Bend Arms
  - c. Closed Eyes
7. When running, what body part can help us keep fast feet? Select one answer
  - a. Fast Arms





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- b. Relaxed Arms
  - c. Slow Arms
8. Whilst running, what is the correct technique to have? Select one answer
- a. Same hand to foot/Head and back curved
  - b. Opposite hand to foot/Head and back up straight

### Year 1&2 – Gymnastics

1. What is the safest way to land? Pick one answer.
  - a. With two feet and bent knees
  - b. on one leg
  - c. with legs straight
2. What is the best way to keep balance when travelling on the bench? Pick one answer.
  - a. Close your eyes
  - b. keep arms out either side
  - c. walk backwards
3. How can you improve flexibility? Pick one answer.
  - a. Lots of sleeping
  - b. Stretching often
  - c. Exercising regularly.
4. Name three different types of jumps?
5. Name five basics gymnastics shapes?

### Year 1&2 – Indoors Athletics

1. Which of our body parts helps us keep balance whilst jumping? Select multiple answers.
  - a. Arms
  - b. Knees
  - c. Feet
  - d. Fingers
2. Which of our body part allows us to have a good landing? Select one answer.
  - a. Soft Knees
  - b. Bend Arms
  - c. Closed Eyes
3. When running, what body part can help us keep fast feet? Select one answer.
  - a. Fast Arms
  - b. Relaxed Arms
  - c. Slow Arms
4. Whilst running, what is the correct technique to have? Select one answer.
  - a. Same hand to foot/Head and back curved





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- b. Opposite hand to foot/Head and back up straight

### Year 1&2 – Invasion Games

1. What is a good tactic to use whilst playing in teams and attacking with the ball? Pick one answer.
  - a. Quick and Short Passes
  - b. Quick and Long Passes
  - c. Slow and Long Passes.
2. What is the best way to score against a crowded defence? Pick one answer.
  - a. Attacking through the middle
  - b. Attacking the wings/flanks.
3. Why is it important to give short and clean instructions to your teammates? Pick one answer
  - a. Allows them to understand what you want them to do
  - b. makes them confused

### Year 3&4 – Invasion Games

1. Is there any contact allowed between players in sports, such as; Basketball and Netball?
  - a. Yes
  - b. No
2. Which of the following sports are Invasion Games? Select two answers
  - a. Football
  - b. Golf
  - c. Rugby
  - d. Volleyball
3. Which of the following will help you keep control of the basketball when dribbling? Pick one answer
  - a. Keep the ball high
  - b. use the palm of your hand
  - c. keep your hand on top of the ball
4. Which of following would help your team when attacking? Pick one answer
  - a. Stay behind the defender
  - b. stand still whilst the defender is marking you
  - c. keep on moving into open space
5. Which of the following would help your team defend the goal? Pick two answers
  - a. Positioning yourself between the ball and the player
  - b. Positioning yourself between the player and the goal/basket.

### Year 3&4 – Gymnastics

1. Which of the following best describe a split? Pick one answer
  - a. A lunge





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- b. pike forward roll
  - c. your legs straight pointed toes, and legs are on opposite sides.
2. Which of the following best describe a cartwheel? Pick one answer
    - a. Headstand,
    - b. a round off with separated legs
    - c. a round off rebound.
  3. How many levels are there in Gymnastics?
    - a. 5 Levels
    - b. 10 Levels
    - c. 8 Levels
    - d. 12 Levels
  4. In the sports of Gymnastics, one event is called vault but what is vault?
    - a. A giant computer,
    - b. a stand to handspring over
    - c. a big giant mat
  5. When performing a floor routine, how long is the floor exercise in gymnastics?
    - a. 6 metres (20 feet)
    - b. 12 metres (40 feet)
    - c. 18 metres (60 feet)

#### **Year 3&4 – Hockey**

1. Are you allowed to have goalkeepers on the field whilst playing Quicksticks Hockey?
2. Whilst playing each team must have a total of 6 players?
3. Are the free-pass takers allowed to touch the ball more than once taken?
4. As a game is going on, a total of 8 players should be on the field.
5. When it is a free pass, the opposite team must be 5 metres away from the player with the ball?
6. Quicksticks Hockey and Netball have the same size field of play?
7. In the game of Quicksticks Hockey, there are 4 periods played within the game?
8. Are there any left-handed hockey sticks within the game of Quicksticks Hockey?

#### **Year 5&6 – Basketball Quiz**

1. How many players are there in a basketball team on a court?
2. Which three initials is the men's professional basketball league in North America known by?





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3. What are the three coaching points when dribbling a basketball?
4. Each regulation basketball game begins with an inbounds pass.
  - a. True
  - b. False
5. Where do you go, if you get fouled in act of shooting?
6. The ball-handler takes three steps without dribbling, what violation did the player commit?
7. The shot clock is a clock that keep track of how many shots your team takes.
  - a. True
  - b. False
8. The ball-handler dribbles with both hands, what violation is that?
9. What happens if the two teams' score are tied at the end of regulation time?
10. Name 3 positions within a basketball team.

#### **Year 5&6 – Tag Rugby Quiz**

1. What is more accurate a long or short pass?
2. How can you let the player with the ball know you are in space?
3. What are the benefits of carrying the ball in two hands?
4. Which is easier to tag, a player running at pace or a player running slowly?
5. Why would you pass before being tagged?
6. What is the team with ball looking to do when attacking?
7. As a defender, what can you do to help stop the attackers?
8. What are you looking for as the ball carrier?
9. What can the support players do without the ball?
10. As the defending team, what do you need to do once you have tagged the attacking team?
11. What is the best shape for the defensive line to be in?

#### **Year 5&6 – High 5 Netball Quiz**

1. How many players are on the court altogether in High-5 Netball?





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2. How tall are the posts?
3. How long do you have before you have to pass or shoot?
4. What size is the court in High 5?
5. Which positions are allowed in the centre 1/3 of the court?
6. Which position can go into any area on the court?
7. How many intervals are in a game of High 5?
8. How long is an interval in High 5?
9. How far must you stand from the opposition player when defending?
10. What can happen when your team is awarded a penalty?

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9. How far must you stand from the opposition player when defending?
10. What can happen when your team is awarded a penalty?

#### **Year 5&6 – Gymnastics**

1. What is the highest score you can get in gymnastics?
2. In the Olympics, Women's gymnastics have how many events?





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3. What is the typical time limit for a competitive cheerleading performance?
4. In the Olympics, Men's gymnastics have how many events?
5. What are the events in gymnastics that both boys and girls do?

### **Year 5&6 – Quickstick Hockey**

1. How many players are on each team in Quicksticks?
2. How can the Quicksticks ball support players with their learning? Pick one answer
  - a. It's smaller and faster
  - b. It's larger and easier to control
3. Which types of surface can Quicksticks be played on? Pick multiple answer
  - a. Playground,
  - b. Tarmac,
  - c. Artificial grass
  - d. Sports Hall
4. How does a Quicksticks game start or re-start?
5. How many periods does a Quicksticks game run for?
6. How is a goal scored in Quicksticks?
7. How many goalkeepers are there per team in a Quicksticks match?
8. Can you name examples of when a free pass may be given?
9. What are the minimum metres in which a player should be when a centre pass is being taken?
10. How big is the field of play in the Quicksticks Hockey?

