

Nalanda College – Colombo 10

Unit Evaluation

Grade 11

Health and PE

06. Let us play Football

- Underline the most suitable answer

1. The maximum and minimum numbers of player that can be consist in a football team
 - i. 9/11
 - ii. 7/5
 - iii. 11/7
 - iv. 6/4
2. The duration of a game of football consists of
 - i. Two 45 minutes halves and maximum of 15 minutes break in between
 - ii. Three 30 minutes halves and maximum of 15 minutes 2 breaks in between
 - iii. Two 30 minutes halves and maximum of 15 minutes break in between
 - iv. Four 15 minutes halves and maximum of 10 minutes 2 breaks in between
3. An occasion where a kick - off is used in football game
 - i. When the ball crosses the touch line
 - ii. When the ball pass the goal line
 - iii. At the beginning of a match
 - iv. When attempts to strike an opponent
4. Occasion where direct free kick is awarded to the opposite team
 - i. A player commits an infringement inside the penalty area of his team
 - ii. The ball cross the line on the ground
 - iii. Kicks or attempts to kick an opponent
 - iv. The ball pass over the goal line in the air
5. None of the factor to be taken into consideration related to the penalty kick
 - i. The referee must identify the player taken the penalty cake
 - ii. The boll should remain stationery on the penalty mark
 - iii. At the moment of delivering the ball the player should be facing the field of play
 - iv. The ball should be kicked forwards
6. The factor that should not be taken into consideration when the throwing in is taken
 - i. At the movement of delivering the ball the thrower should be facing the field of a play
 - ii. Each foot of the thrower should be touching the ground
 - iii. Should deliver the ball from behind and over the head
 - iv. The ball should be kicked forwards
7. An occasion which is not considered as the ball is out of play in football
 - i. Play has stop by the referee
 - ii. The ball rebounds off a goal post and remain in the field of play

- iii. The ball has wholly crossed the touch line in the air
- iv. The ball has wholly crossed the goal line in the ground

Part II

- Answer all questions
 1. Name the skills of football
 2. What are the occasions where a kick-off is taken
 3. Name the main two types of free kick
 4. What are the instances that a direct free kick is taken
 5. Write down the occasions where the ball is thrown in to the court
 6. What are the locations in which a goal kick is awarded
 7. What are the instances in which a corner kick is awarded during a football match