

Student Name: _____ Grade: _____

Student ID: _____ Date: _____

Assessment Overview

Duration: 45 minutes **Total Marks:** 50

Topics Covered:

- Football Fundamentals
- Game Rules and Strategy
- Skills and Techniques
- Game Analysis

Instructions to Students:

1. Read each question carefully before answering
2. Show all your thinking in diagram questions
3. Complete all sections of the assessment
4. Write clearly and neatly in the spaces provided
5. Ask your teacher if you need clarification

Section A: Football Basics [15 marks]

Question 1

[5 marks]

Match the following football positions with their primary responsibilities:

A) Quarterback

B) Wide Receiver

C) Running Back

D) Linebacker

E) Safety

Question 2

[5 marks]

Explain the following football terms:

1. Touchdown
2. First Down
3. Field Goal
4. Interception
5. Two-Point Conversion

Section B: Skills and Techniques [20 marks]

Question 3

[10 marks]

Draw and label a proper football throwing technique, including:

- Grip position
- Arm motion
- Body stance
- Follow-through



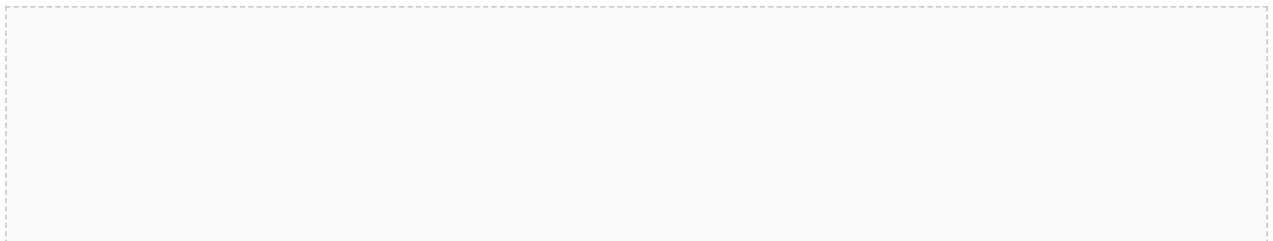
Question 4

[10 marks]

Complete the skill assessment checklist below:

- | | |
|---|--|
| <input type="checkbox"/> Proper ball carrying technique | <input type="checkbox"/> Catching fundamentals |
| <input type="checkbox"/> Basic defensive stance | <input type="checkbox"/> Safe tackling form |
| <input type="checkbox"/> Route running basics | |

Describe your strongest and weakest skills from the list above:



Section C: Game Strategy and Analysis [15 marks]


Question 5

[8 marks]

Analyze the following game scenario:

It's 4th down with 2 yards to go. Your team is on the opponent's 35-yard line, trailing by 4 points. There are 2 minutes left in the game.

1. What are your options in this situation?
2. What would you choose to do and why?
3. Draw a possible play that could work in this situation



Question 6

[7 marks]

Create a basic offensive formation and explain:

1. The position of each player
2. Why you chose this formation
3. One advantage and one disadvantage of your formation

