ABSTRACT

The invention relates to precoated sheets, including precoated metal sheets, each having an appearance of orange peel, and good workability and scratch resistance. The precoated sheet of the invention has a filtered center line waviness curve (Wca) of the outermost surface of coated film of 0.35 μm ≤ Wca ≤ 1.25 μm, and a mean spacing of local peaks of filtered center line waviness curve (Wc-sm) of 2800 μm ≤ Wc-sm ≤ 12500 μm, and has a wavy structure at the interface between the outermost coated film layer and the lower coated film layer. Preferably, the precoated sheet is designed to satisfy the conditions that a wavy curve W revealed when observing the interface between the outermost coated film layer and the lower coated film layer in the section of the film thickness direction (1) comprises a big wave defined as a wave having a region in which A ≤ 0.8B, wherein A is a distance between the outermost surface S of the coated film and the wavy curve W at the interface, and B is an average film thickness of the outermost coated film layer, and (2) has an average distance between the big waves of not greater than 750 μm.