

Max's Ball Skills Challenge

Learning objective: To identify and describe correct techniques for controlling and moving a ball safely.

Max the monkey is practising his ball skills in the playground. Look at the pictures of his moves below. Match the action to the correct description of how to do it. Use the word bank to help you complete the sentences.

Word bank: Eyes · Inside · Softly · Balance · Hands

1. 1. When you want to catch a ball, you should keep your ____ on the ball at all times. (2 marks)

2. 2. To dribble a football, use the ____ of your foot to tap the ball gently. (2 marks)

3. 3. Always touch the ball ____ so it does not bounce too far away from you. (2 marks)

4. 4. When you hold a ball, use both ____ to keep it steady and safe. (2 marks)

Draw: Draw a picture of yourself playing with a ball. Draw a circle around your feet if you are dribbling, or your hands if you are catching.



Extension challenge: Max wants to buy new balls for his friends. A football costs £5. A tennis ball costs £2. If Max buys one of each, how much money does he spend in total? Show your maths below.