

Max's Ball Skills Masterclass: My Movement Journal

Learning objective: To analyse and refine physical movement, ball control, and tactical decision-making in sports.

Use this journal to track your progress during your PE lessons. Max the Monkey loves to turn every physical challenge into a maths puzzle—use your observation skills to explain how you control the ball, the patterns you create, and how you can improve your technique. Be precise with your descriptions and justify your choices.

Word bank: trajectory · velocity · control · spatial awareness · coordination · tactical · accuracy · persistence · stamina · technique

1. Skill Analysis: Describe the specific physical movements required to maintain control of a ball whilst moving at speed. Why is body position important? (2 marks)

2. Pattern Recognition: Max loves patterns! Explain how you adjusted your force or angle to ensure the ball reached your partner accurately. Justify why this change was effective. (3 marks)

3. Tactical Thinking: Compare and contrast a situation where you should use a slow, controlled dribble versus a rapid pass. When is each strategy most appropriate? (3 marks)

4. Problem Solving: What might happen if you lose focus on your spatial awareness during a team game? How does this affect your team's success? (2 marks)

5. Critical Evaluation: If you were to teach a younger student one key rule for ball control, what would it be and why? Justify your advice based on your own experience. (3 marks)

6. Future Growth: Reflect on your performance today. Identify one specific skill you found challenging and propose a plan to improve your mastery of it by next week. (2 marks)

Extension challenge: Design a new, original game that requires at least two different ball skills (e.g., throwing and catching or dribbling and passing). Write a set of three rules for your game and explain how these rules encourage fair play and teamwork.