

Max's Ball Skills Training Log

Learning objective: To practise and evaluate ball control skills including throwing, catching, and dribbling.

Max the monkey wants to see how you are getting on with your ball skills! Read each question carefully. Use your own experiences from your PE lesson to fill in the boxes. If you need help, use the word bank at the bottom of the page.

Word bank: control · bounce · aim · catch · dribble · steady · focus · practise

1. My chosen ball skill: Which skill did you practise today? (e.g. throwing, catching, or dribbling) (2 marks)

2. How to do it: Describe one thing you must do to be successful at this skill. (2 marks)

3. My progress: How did you get better at this skill during the lesson? (2 marks)

4. Goal setting: What is one thing you will practise next time to make your skills even better? (2 marks)

Extension challenge: Next time you practise, try to count how many times you can successfully catch or bounce the ball in one minute. Write your total score at the bottom of the page!