

Max's Magnificent Ball Skills Challenge

Learning objective: To demonstrate knowledge of control, accuracy, and tactical awareness in ball-based physical education.

Max the monkey is ready to get moving! Read each question carefully and circle the best answer. Remember, good ball skills require focus, balance, and practice.

Answer Key: 1. A (Control), 2. True, 3. False (Keep your eye on the ball), 4. C (Accuracy), 5. D (Dribbling), 6. False, 7. Passing, 8. True, 9. B (Shoulder width apart), 10. True. Great job practicing your skills!

Word bank: Control · Accuracy · Tactics · Stance · Dribbling · Passing

1. 1. When receiving a pass in a game, what is the most important first step? A) Control* B) Running away C) Closing your eyes D) Shouting (1 mark)

2. 2. True or False: Keeping your knees slightly bent helps you maintain better balance when moving with a ball. (1 mark)

3. 3. True or False: When striking a ball, you should look at the clouds to ensure you are standing tall. (1 mark)

4. 4. Which term describes aiming the ball at a specific target? A) Speed B) Power C) Accuracy* D) Force (1 mark)

5. 5. What do we call the skill of moving a ball using small, repeated touches? A) Hopping B) Jumping C) Skipping D) Dribbling* (1 mark)

6. 6. True or False: You should always use your hands to move the ball in a game of football. (1 mark)

7. 7. What is the word for sending the ball to a teammate to help your team move closer to the goal? (One word answer) (1 mark)

8. 8. True or False: Communication with your teammates is a vital part of team ball games. (1 mark)

9. 9. When preparing to throw or strike a ball, where should your feet be? A) Together B) Shoulder width apart* C) Crossed over D) One foot in the air (1 mark)

10. 10. True or False: Regular practice is the best way to improve your hand-eye or foot-eye coordination. (1 mark)

Draw: Draw a picture of Max the monkey showing his best 'ready stance' while holding a ball, making sure he looks balanced and focused.



Extension challenge: Max has £5.50 in his pocket. He wants to buy three new practice balls that cost £1.75 each. Does he have enough money? Show your calculation.