

Mastering Ball Skills with Max the Monkey

Learning objective: To understand and apply the techniques for control, accuracy, and movement when handling balls in PE.

Max the Monkey has been practising his ball skills in the jungle gym! Read the techniques below and match them to the correct ball skill description. Write the letter of the technique next to the action it describes.

Word bank: A: Follow-through · B: Soft hands · C: Eye-to-ball coordination · D: Balanced stance · E: Pacing · F: Grip

1. Keeping your feet shoulder-width apart to stay steady while preparing to throw or kick. (Technique: ____) (1 mark)

2. Relaxing your fingers when catching to absorb the ball's energy so it doesn't bounce away. (Technique: ____) (1 mark)

3. Watching the ball all the way into your hands or onto your foot until contact is made. (Technique: ____) (1 mark)

4. Extending your arm or leg in the direction of the target after the ball has left you to ensure accuracy. (Technique: ____) (1 mark)

5. Max is practising throwing a ball into a hoop that costs £12.50. If he tries 5 times and misses each time, why might 'Follow-through' help him improve his accuracy? Explain your reasoning. (2 marks)

Draw: Draw a diagram of Max the Monkey showing a 'Balanced Stance' while holding a ball. Use arrows to point to his feet and his eyes to show where he is focusing.



Extension challenge: Create a 3-step training drill for a partner that focuses on 'Soft hands'. Write down the steps clearly so a friend could follow them during your next PE lesson.