

Max's Ball Skills Masterclass: My PE Progress Diary

Learning objective: To evaluate personal performance in ball skills, focusing on control, accuracy, and tactical awareness in Class 5 PE.

Max the monkey is looking for a new ball skills expert to join his team! Use this diary template to reflect on your PE lesson today. Think about how you controlled the ball, how you moved around the court, and what you did to help your teammates. Write clearly and use the word bank to help explain your skills.

Word bank: coordination · accuracy · possession · tactics · agility · dribbling · intercepting · communication · technique · spatial awareness

1. Skill Focus: Which ball skill did you practise today (e.g., dribbling, passing, or defending) and what was the main technique you used to succeed? (2 marks)

2. Control and Agility: Describe how you used your body to keep the ball under control while moving at speed. How did you change direction? (2 marks)

3. Teamwork Tactics: How did you communicate with your teammates to keep possession or create a scoring opportunity? (2 marks)

4. Self-Reflection: What was the biggest challenge you faced during the game today, and how did you overcome it? (2 marks)

5. Goal Setting: Based on today's session, identify one specific skill you would like to improve by next week and explain how you will practise it. (2 marks)

Extension challenge: Design a 'Skill Drill' diagram for Max! On a separate sheet, draw a map showing how a player should move to dribble around three cones and make an accurate pass to a teammate. Label the movements using the words from the word bank.