

Mastering Movement: Ball Skills with Max the Monkey

Learning objective: To identify and illustrate the key biomechanical principles of control, accuracy, and body positioning when performing ball skills.

Max the Monkey is practising his coordination on the school field. Use your knowledge of Year 5 PE to draw a scene that demonstrates perfect ball control, then label the essential components of his movement using the word bank provided.

Draw: Draw a large, detailed action scene of Max the Monkey on a sports field. Max should be in the middle of a dynamic movement, such as preparing to pass or dribble a ball. Use a clean, illustrative style. Include 'motion lines' to show the path of the ball, and ensure Max's posture reflects balance and focus. Label the specific body parts and ball positions using the words from the word bank.



Label words: Follow-through · Pivot · Peripheral vision · Point of contact · Core stability · Distribution · Trajectory

Steps:

1. Explain why maintaining a low centre of gravity is essential when dribbling a ball past an opponent.
2. Justify your answer: Does the 'follow-through' motion affect the accuracy of a pass? Why or why not?
3. Compare and contrast the body position needed for a powerful long-distance strike versus a delicate,

short-distance pass.

4. Label the area of the foot Max should use to achieve the most accurate 'point of contact' for a precision pass.
5. What might happen if a player fails to use their peripheral vision while moving with a ball?
6. Describe the 'trajectory' of a ball that has been kicked with too much elevation.