

Max's Ball Skills Masterclass: Performance Analysis

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

Use this template to reflect on your performance during today's ball skills session. Max the monkey thinks everything is a puzzle—use his logical approach to break down your movements, identify how to improve your accuracy, and explain the tactics you used to outsmart your opponents.

Word bank: coordination · trajectory · momentum · tactics · accuracy · spatial awareness · control · velocity · technique · defensive

1. Technical Breakdown: Describe the specific technique you used to maintain control of the ball while moving at speed. Why is this technique more effective than others? (3 marks)

2. Accuracy Assessment: Compare and contrast your accuracy when passing to a stationary partner versus a partner who is moving. What adjustments did you have to make? (3 marks)

3. Tactical Thinking: Explain why spatial awareness is vital when deciding where to position yourself during a game. How does it help your team maintain possession? (3 marks)

4. Problem Solving: If your initial pass is intercepted by an opponent, what is the most efficient way to regain defensive shape? Justify your answer. (3 marks)

5. Self-Evaluation: What might happen if you increased the velocity of your ball movement without adjusting your footwork? Describe the impact on your control. (2 marks)

6. Future Goals: Identify one aspect of your ball control that requires improvement. Create a specific, measurable plan to master this skill by next week. (2 marks)

Extension challenge: Design a new drill that incorporates both passing and movement. Label the diagram with arrows showing the direction of the ball and the movement of the players. Write a short paragraph explaining the 'rules of the puzzle' for your drill and why it challenges players to think logically.