

Mastering Ball Skills with Max the Monkey

Learning objective: To understand and identify the fundamental techniques required for ball control and coordination in PE.

Follow the steps below to complete your diagram of a perfect ball-handling technique. Use the word bank to label the key parts of the body and the ball's position.

Draw: Draw Max the Monkey standing in the school playground preparing to bounce a ball. Draw Max with his knees bent in a 'ready' stance. Include the ball at waist height. Add labels pointing to his eyes, his finger pads, and his knees using the provided word bank. The style should be clear and anatomical, similar to a sports coaching manual.



Label words: Finger pads · Eyes on the ball · Bent knees · Shoulder width apart · Follow through

Steps:

1. Why is it important to use your 'finger pads' instead of your palms when handling a ball?
2. Explain why keeping your knees slightly bent helps you stay balanced while moving.
3. Max wants to buy 3 new balls for his team. If each ball costs £4.50, how much will he spend in total?
4. Label the part of your body that you should use to track the ball's movement.
5. Describe one other sport where you might use these ball-handling techniques.