

## PE AT HOME AUBAMEYANG CHALLENGE PACK

### PROFILE

POSITION: FORWARD

AGE: 30

NATIONALITY: GABON



The Arsenal player we are focusing on from the men's team is Pierre-Emerick Aubameyang!

“Auba” is a striker and the team captain. His roles on matchdays are being a good leader to his teammates and scoring as many goals as possible!

In today's lesson we will be learning how to:

- ✓ Move with **SPEED**
- ✓ Shoot with **ACCURACY**
- ✓ Inspire with **LEADERSHIP**

### TOP SKILLS



**SPEED**



**FINISHING**



**LEADERSHIP**

# PLAY LIKE AUBA - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 5 x ITEMS - TO MOVE AND SCORE WITH

**Example:** Ball, rolled paper, rolled socks

#### 2 x OBJECTS - TO SET UP AN AREA

**Example:** Books, toys, clothes

#### 1 x TARGET #1 - TO SCORE INTO

**Example:** Laundry basket, saucepan, bucket

#### 1 x TARGET #2 - TO KNOCK OVER

**Example:** Water bottle, plastic cup, toy

#### 1 x OBSTACLE - TO SHOOT OVER, UNDER, ON TOP

**Example:** Chair, bench, table

#### 1 x TIMER

**Example:** Stopwatch, watch, mobile phone

### SPACE

#### INDOOR SPACE

**Example:** Bedroom, living room

#### OUTDOOR SPACE

**Example:** Garden

### PEOPLE

#### SINGLE PLAYER or 2 PLAYER

You can play by yourself, or you can challenge someone in your family (only if you are living in the same household) to take part too!

# CHALLENGE #1 - SPRINT LIKE AUBA



## HOW TO PLAY

1. Use 2 objects to create a race track. They will need to be a short distance apart (see picture).
2. Choose an object to be your start/finish line.
3. Move from start/finish line around the other object and back.
4. Complete 3 laps of your track as quickly as possible. Don't forget to time!
5. Try again! Can you improve your time? Can you try the level up challenges?

## LEVEL UP CHALLENGES

### BRONZE LEVEL

Add in 2 extra objects. Can you move in/out while you race?

### SILVER LEVEL

Can you move in different ways, such as jumping or hopping?

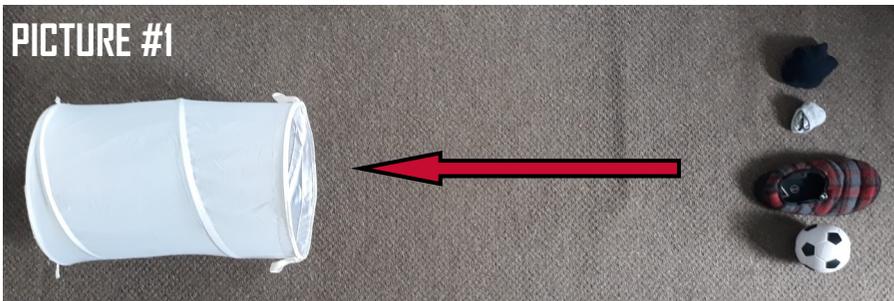
### GOLD LEVEL

Can you dribble, juggle or balance an item while racing?

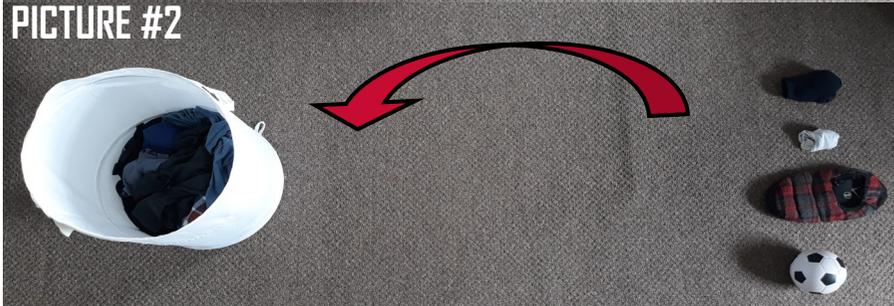


# CHALLENGE #2 - FINISH LIKE AUBA

PICTURE #1



PICTURE #2



## HOW TO PLAY

1. Use a target from List #1 and set it up to match picture #1.
2. Use 1-5 items that you can throw or kick safely.
3. Stand a few steps away from your target. Throw or kick (your choice) your items into it.
4. How many times can you score in 5 attempts?
5. Try again! Can you explore different ways to shoot using your hands or feet?

## LEVEL UP CHALLENGES

### BRONZE LEVEL

Can you try from further away, or from a different angle?

### SILVER LEVEL

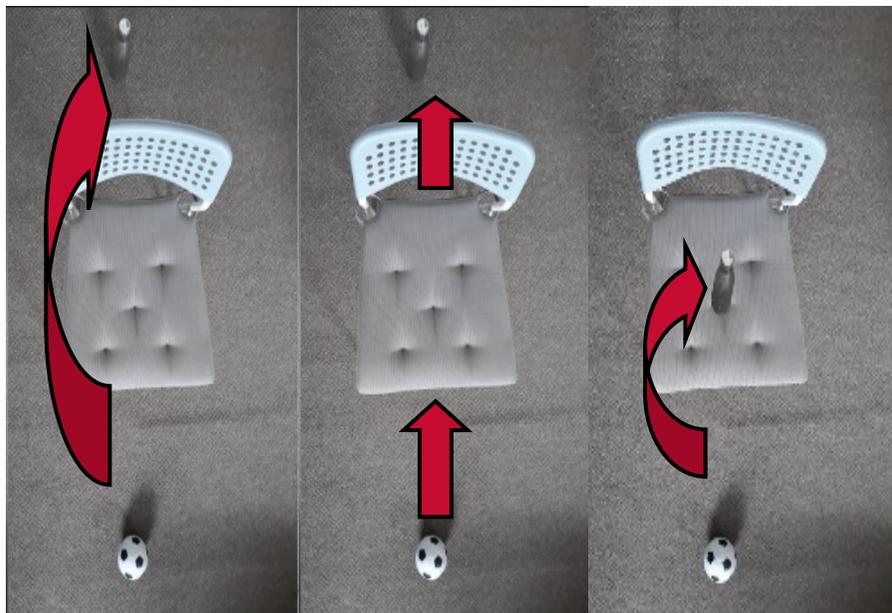
Can you do it in different ways, such as balancing on one leg, with your non writing hand/non kicking foot?

### GOLD LEVEL

Adjust your target (see Picture #2)



## CHALLENGE #3 - AUBA'S CRAZY GOLF COURSE



### HOW TO PLAY

1. Use an item you can throw or kick safely.
2. Take a target from List #2 that you can knock over safely.
3. Place an obstacle between you and your target. Then, try to knock it down by throwing or kicking your item over, under and on top of the obstacle (see picture).
4. If you miss, take your next shot from the place your item lands.
5. Add up the number of shots you took to knock the target over each time. Can you play again using fewer shots?

### LEVEL UP CHALLENGES

 **BRONZE LEVEL**

Can you shoot from further away, or from a different angle?

 **SILVER LEVEL**

Change your start position: backwards, sideways, balancing on one leg.

 **GOLD LEVEL**

Set a max number of attempts to score (between 1 and 3)



## BONUS CHALLENGE - CAPTAIN LIKE AUBA

### HOW TO PLAY

Tell a friend or family member about this lesson and challenge them to play like Aubameyang too!  
Being a good leader is all about inspiring and helping your teammates. How will you do this?

### PRO TIPS

- Demonstrate the activity for them
- Share your 'secrets to success'
- Motivate them while they are playing
- Encourage and praise their effort with positive language

