

PE AT HOME JORDAN NOBBS CHALLENGE PACK

PROFILE

POSITION: MIDFIELDER

AGE: 27

COUNTRY: ENGLAND



The Arsenal player we are focusing on from the women's team is Jordan Nobbs!

Jordan is an energetic 'box-to-box' player with a high stamina level. She is known for dribbling in quick bursts and playing with confidence.

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

- ✓ Improve your **STAMINA**
- ✓ Move at speed when **DRIBBLING**
- ✓ Play with **CONFIDENCE**

TOP SKILLS



STAMINA



DRIBBLING



CONFIDENCE

PLAY LIKE JORDAN NOBBS - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

2 x ITEMS - TO DRIBBLE WITH

Example: Ball, toilet roll, rolled up paper, rolled socks

7 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

1 x TIMER

Example: Stopwatch, watch, mobile phone

1 x SHEET OF PAPER - TO CREATE A POSTER

Example: A4 sheet, A3 sheet, cardboard

1-5 x PENS - TO CREATE A POSTER

Example: Coloured pens, pencils, markers

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 - JORDAN'S STAMINA SQUARE

A. HIGH KNEES



B. STAR JUMPS



C. SIDE STEPS



HOW TO PLAY

1. Find 4 objects to build your playing area in square shape (see picture).
2. Complete each activity for 30 secs with 15 secs rest between each one.
3. Once all 3 have been completed, rest for 1 minute and repeat.
4. See pictures and descriptions below to help you with each activity:
 - A. Run on the spot with high knees and pumping arms.
 - B. Star Jumps. Arms and legs together, move them apart and back.
 - C. Side steps. Face forward and move left to right using small steps.
5. Try again! Can you complete the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Increase the activity time from 30 secs to 45 secs?



SILVER LEVEL

Add another activity of your own to the sequence?



GOLD LEVEL

Try the activities with no rest between them? But don't forget to rest for 1 minute at the end of the sequence!



CHALLENGE #2 - JORDAN'S DIAMOND DASH



HOW TO PLAY

1. Find 7 objects. Use 4 to build your playing area in a diamond shape and 3 to make a small triangle in the centre (see picture).
2. Find 1 item you can dribble safely with hands or feet.
3. Dribble your item through the triangle, close to an outside object and back to centre. Score 1 point every time you complete this sequence.
4. Touching an object or losing control of the item resets your score to 0.
5. How many consecutive points can you score?
6. Try again! Can you improve your personal best?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Set yourself a new personal best and achieve it twice?



SILVER LEVEL

Use your non-writing hand/non-preferred foot to dribble?



GOLD LEVEL

Make your playing area smaller (both diamond and triangle)?



CHALLENGE #3 - JORDAN'S TURN TIME



HOW TO PLAY

1. Find 2 objects and place them at good distance apart (see picture).
2. Find an item you can dribble safely with your hands or feet.
3. Start next to one object and dribble your item towards the other.
4. Get as close as you can and turn/change direction. Dribble back and repeat with the opposite object.
5. Continue this sequence, making turns on both sides/objects. Score 1 point for every turn. How many can you make in 1 minute?
6. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Alternate hands/feet used to dribble and turn, such as right foot then left foot?



SILVER LEVEL

Use your non-writing hand/non-preferred foot to dribble and turn?



GOLD LEVEL

Play for 55 secs and try to equal your scores for 1 minute?



BONUS CHALLENGE - JORDAN'S CONFIDENCE POSTER

HOW TO PLAY

Playing with confidence can help you to improve your performance in PE and sport.
Can you create a poster listing all the things that give you confidence when playing?
Share your poster using the hashtag #AFCHOMELEARNING.

PRO TIPS

- Be creative!
- Stuck for ideas? Use the picture example to help you get started.
- Think about all the times you have felt confident. Can you explain this in words and put them on the poster?
- Share a draft of your poster with someone in your household to get their feedback and ideas.
- Make it eye-catching!

