

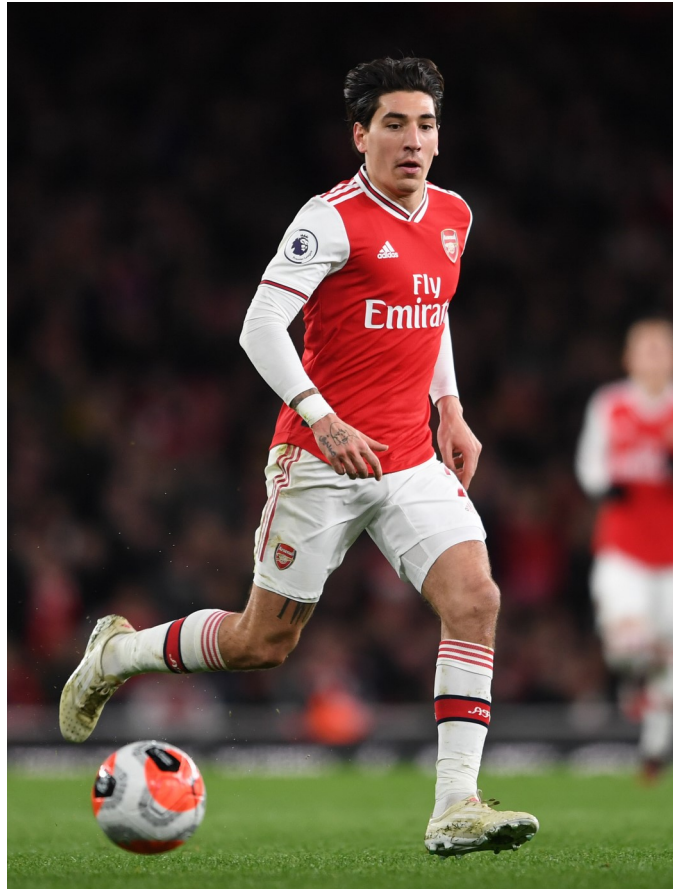
PE AT HOME HÉCTOR BELLERÍN CHALLENGE PACK

PROFILE

POSITION: DEFENDER

AGE: 25

COUNTRY: SPAIN



The Arsenal player we are focusing on from the men's team is Héctor Bellerín!

He is known for his incredible acceleration and crossing ability. He always plays fairly and has never received a red card in the Premier League!

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

- ✓ Improve your **ACCELERATION**
- ✓ Use accuracy when **CROSSING**
- ✓ Develop **FAIR PLAY**

TOP SKILLS

 **ACCELERATION**

 **CROSSING**

 **FAIR PLAY**

PLAY LIKE HÉCTOR BELLERÍN - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

5 x ITEMS - TO MOVE AND SCORE WITH

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

4 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

2 x TARGETS - TO SCORE INTO OR KNOCK OVER

Example: Laundry basket, saucepan, bucket, water bottles, toys, clothes

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 - BELLERÍN'S ACCELERATION BURSTS



HOW TO PLAY

1. Place 4 objects in a line with a space in between each one.
2. Number the objects from 1 to 4 (see picture).
3. Start next to object 1 and set a timer to begin the race.
4. Sprint to object 2, run backwards to 1. Sprint to 3, run backwards to 2. Sprint to 4, run backwards to 3. Finally, sprint to 4.
5. Try again! Can you improve your time?
6. Can you try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Increase the distance between the objects?



SILVER LEVEL

Move in a different way, such as hopping or jumping?



GOLD LEVEL

Control an item while racing, such as dribbling, bouncing or balancing it with hands or feet?



CHALLENGE #2 - CROSS LIKE HÉCTOR



HOW TO PLAY

1. Place 2 objects a short distance apart to create a start and end point.
2. Place a target a good distance away from the end point (see picture).
3. Use an item you can safely throw or kick.
4. Dribble or bounce the item from the start to end point. Then, throw or kick it into the target to score 1 point.
5. How many points can you get in 5 attempts?
6. Try again! Can you improve your score? Try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Move the target slightly further away after every point scored?



SILVER LEVEL

Use only your non-writing hand/non-preferred foot to move and score?

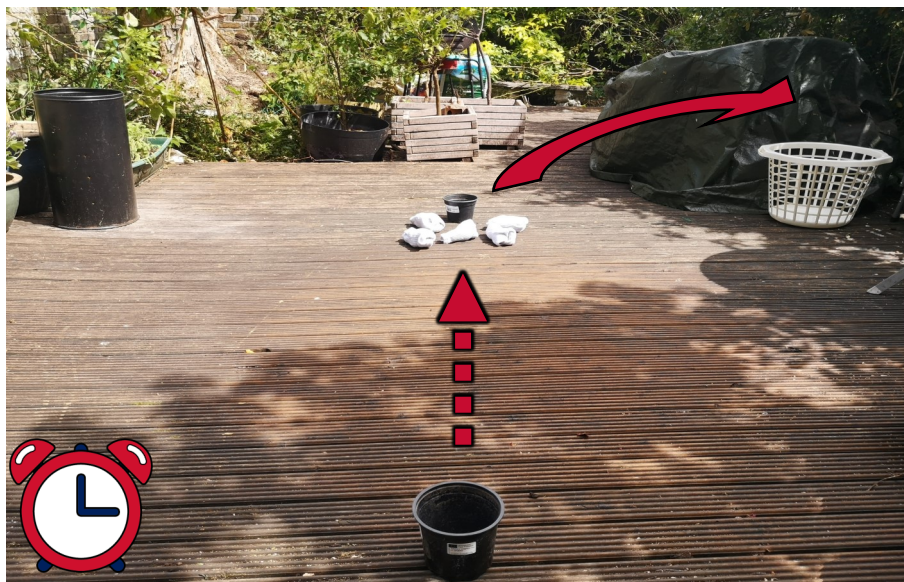


GOLD LEVEL

Use a smaller target?



CHALLENGE #3 - SPRINT & CROSS LIKE HÉCTOR



HOW TO PLAY

1. Use 2 objects as a start and end point.
2. Place 2 targets at either side of the end point to form a “T” shape (see picture).
3. Place 5 items you can safely kick/throw next to the end object.
4. Sprint to the end point. Throw or kick 1 item into one of the targets to score 1 point. Run back to start and repeat for the remaining items.
5. How quickly can you cross all 5 items? Remember to time yourself!
6. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Alternate by crossing into the left and right target?



SILVER LEVEL

Move the items to the starting point and dribble/bounce them before crossing?



GOLD LEVEL

Use your non-kicking foot/non-writing hand to cross?



BONUS CHALLENGE - FAIR PLAY

HOW TO PLAY

Playing fairly is very important in PE and sport.

Can you list 3 things that help you to play fairly? Can you apply these to an activity in this pack?

PRO TIPS

- Think about what fair play means to you.
- Ask a member of your household why they think fair play is important.
- Can you think of a time where you played fairly and how that helped you?

