

PE AT HOME LEAH WILLIAMSON CHALLENGE PACK

PROFILE

POSITION: DEFENDER

AGE: 23

COUNTRY: ENGLAND



The Arsenal player we are focusing on from the women's team is Leah Williamson!

Leah is a defensive player, known for her incredible aerial ability, accurate passing and determination.

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

- ✓ Improve your **JUMPING**
- ✓ Use accurate **PASSING**
- ✓ Achieve goals with **DETERMINATION**

TOP SKILLS



JUMPING



PASSING



DETERMINATION

PLAY LIKE LEAH WILLIAMSON - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

6 x ITEMS - TO THROW/KICK SAFELY

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

10-20 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

3 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 - LEAP LIKE LEAH



HOW TO PLAY

1. Find 4 objects to build a playing area in a small square (see picture).
2. Stand inside the square to start.
3. Jump out 1 side and back to the centre. Do this for all the 4 sides in any order to score 1 point. You must always face forward (see picture).
4. How many points can you score in 1 minute? Don't forget to time!
5. Try again! Can you improve your score? Can you attempt one of the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Move in different ways, such as hopping or jumping from one foot to the other?



SILVER LEVEL

Jump over the square from one side to the other without touching the middle?



GOLD LEVEL

Throw an item in the air, jump and catch it before you land?



CHALLENGE #2 - LEAH'S DARTBOARD



HOW TO PLAY

1. Make a dartboard on your floor using objects. They should be flat and form 3 different-sized circles (see picture).
2. Find an item you can safely kick/throw/roll using hands or feet.
3. Stand 1-2 metres away as start point. Pass the item into the dartboard.
4. Score 10 points if it stops in the outside ring, 20 in the second ring and 30 for the bullseye (middle).
5. Have 5 attempts and calculate your total points.
6. Try again! Can you beat your score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Increase the distance of the starting point?



SILVER LEVEL

Use your non-writing hand to roll/throw or non-preferred foot to kick?



GOLD LEVEL

Only score in the bullseye?



CHALLENGE #3 - WILL IT, WIN IT, BIN IT!



HOW TO PLAY

1. Use 3 objects as “attackers” and 3 targets to pass into (see picture).
2. Place 2 items that you can throw or kick safely next to each attacker.
3. Stand next to a target. Run and steal 1 item from an attacker and pass towards a target using hands/feet.
4. Repeat for all your items, running back to the start after each attempt.
5. Score 1 point if you pass into target. How many can you get out of 6?
6. Try again! Can you beat your score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Use your non-writing hand to throw/non-preferred foot to kick?



SILVER LEVEL

Score in the targets that are furthest away?



GOLD LEVEL

Throw item in the air and volley safely into the targets using hands or feet?



BONUS CHALLENGE - DETERMINATION

HOW TO PLAY

Reflect on the challenges in this pack. Which one did you find the most difficult? Try it again and do your best to improve your performance! #BeDetermined

PRO TIPS

- Practice makes perfect!
- Be resilient and never give up
- Reflect on your performance
- Don't be afraid to ask for help

