## **ARSENAL HOME LEARNING**

# **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** 

**#AFCHOMELEARNING** 

## **PLAY LIKE LEAH WILLIAMSON - LESSON CHECKLIST**



## WHAT WILL YOU NEED?



#### EQUIPMENT

<u>**6** x ITEMS - TO THROW/KICK SAFELY</u> Example: Ball, toilet roll, rolled up paper, rolled socks

<u>10-20 x objects - to set up an area</u>

**Example:** Books, toys, clothes

<u>3 x TARGETS - TO SCORE INTO OR KNOCK OVER</u>

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

<u>**1 x TIMER</u> Example:** Stopwatch, watch, mobile phone</u>

## **SPACE**

#### **INDOOR SPACE**

Example: Bedroom, living room

OUTDOOR SPACE

Example: Garden

## PEOPLE

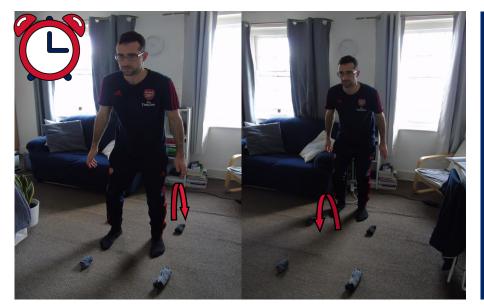
#### SINGLE PLAYER or 2 PLAYER

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!

#### **ARSENAL IN THE COMMUNITY 2020**

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### **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...



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?

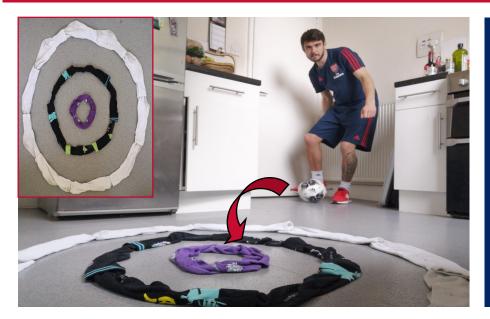
GOLD LEVEL

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



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## **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?

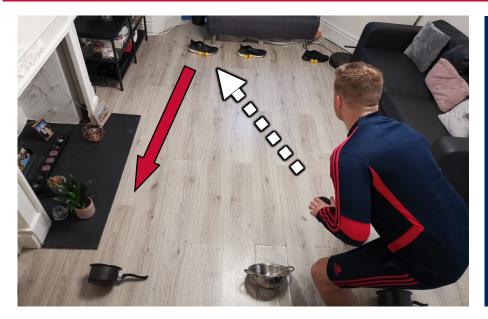


Only score in the bullseye?



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## 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?



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



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## 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



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