

PE AT HOME BETHANY MEAD CHALLENGE PACK

PROFILE

POSITION: FORWARD

AGE: 25

COUNTRY: ENGLAND



The Arsenal player we are focusing on from the women's team is Bethany Mead

Bethany is a precious attacking force. Her ability to create chances for her teammates made her the player with the most assists in Women's Super League 2018/2019.

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

- ✓ Move with **BALANCE**
- ✓ Help others to score with **ASSISTS**
- ✓ Recognise good **TEAMWORK**

TOP SKILLS



BALANCE



ASSISTS



TEAMWORK

PLAY LIKE BETHANY MEAD - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

1 x ITEM - 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

1 x TARGET - TO SCORE INTO OR KNOCK OVER

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

1 x SURFACE - TO THROW/KICK AGAINST SAFELY

Example: Wall, door, sofa, bed

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 - BETH'S BALANCE BOX



HOW TO PLAY

1. Use 4 objects to build a square and stand in the middle (see picture).
2. Skip to one corner of the square, balance on one leg for 3 secs and skip back to the middle (see pictures).
3. Repeat using a different corner, alternating the legs used to skip and land.
4. Score 1 point every time you complete the sequence of skip, balance and return back to the middle without falling over.
5. How many points can you score in 10 attempts?
6. Try again Can you improve your score? Try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Balance on one leg for 5 seconds instead of 3?

SILVER LEVEL

Perform a movement whilst balancing on one leg, such as bending to touch the floor with one hand?

GOLD LEVEL

Balance an item on your hand or head whilst playing?



CHALLENGE #2 - ASSIST LIKE BETH



HOW TO PLAY

1. Find a surface and a soft item you can throw/kick against safely.
2. Use 2 objects to form a gate in front of the surface (see picture).
3. Find 2 more objects. Place them in a straight line, a good distance away from the surface (see picture).
4. Start next to the object diagonally opposite to the gate.
5. Throw/kick the item against the surface, receive it back, dribble to the other object and throw/kick inside the gate. Retrieve and repeat.
6. Score 1 point every time your item goes into the gate. How many points can you score in 10 attempts?

LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Make the gate smaller?

 **SILVER LEVEL**

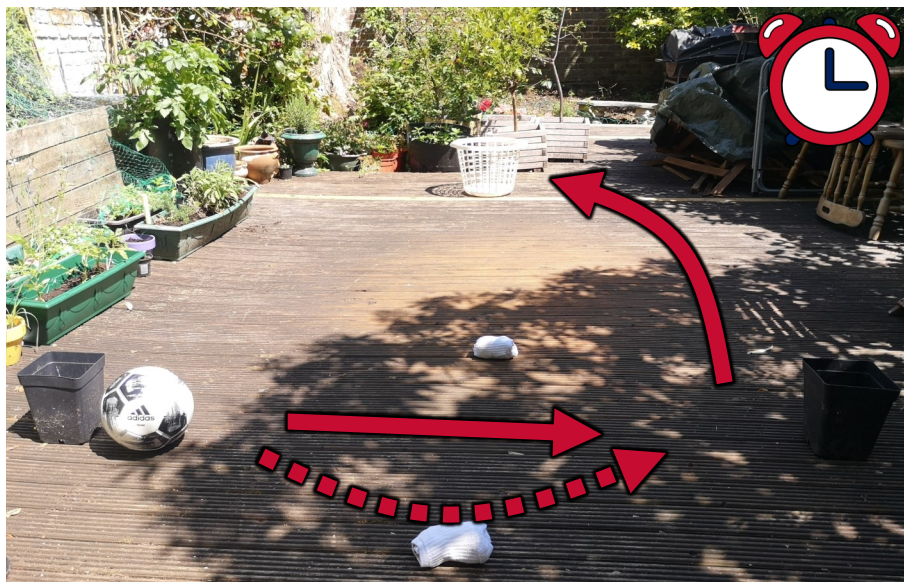
Set yourself a max number of touches/contacts with the item (between 3-5)?

 **GOLD LEVEL**

Move the gate to the opposite side and play bronze or silver level using only your non-preferred hand/foot?



CHALLENGE #3 - BETH'S SERVE AND SCORE



HOW TO PLAY

1. Place a target in a clear space.
2. Find 4 objects. Place 2 a good distance away in a straight line. Use the other 2 to create a gate in between (see picture).
3. Find 1 item you can throw/kick and stand next to an object (see picture).
4. Roll/kick your item through the gate, run to retrieve it and hit the target to score 1 point. Repeat, alternating the starting side.
5. If your item doesn't go through the gate, retrieve it and try again.
6. How many points can you score in 1 minute? Don't forget to time

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Make your gate smaller?



SILVER LEVEL

Use only one touch/contact with the item to score after it is gone through the gate?



GOLD LEVEL

Play bronze and silver together?



BONUS CHALLENGE - THE PERFECT TEAMMATE...

HOW TO PLAY

Offering assists is one example of being a good teammate. What other qualities you need to be a good team member? Create a poster to show what would make the perfect teammate.

Share your poster using the hashtag #AFCHOMELEARNING

PRO TIPS

- Be creative
- Consider different styles, such as drawings or diagrams.
- Think about your own experience in PE or sport and put these ideas on the poster.
- Use the picture example to help you get started.
- Ask to someone in your household to share your poster.

