

PE AT HOME KIM LITTLE CHALLENGE PACK

PROFILE

POSITION: MIDFIELDER

AGE: 29

COUNTRY: SCOTLAND



TOP SKILLS

 BALANCE

 CONTROL

 TEAMWORK

The Arsenal player we are focusing on from the women's team is Kim Little!

Kim is a technical midfielder, with great balance and control. As team captain, she offers help and support to her teammates on and off the pitch.

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

- ✓ Improve your **BALANCE**
- ✓ Receive an object with **CONTROL**
- ✓ Help others with **TEAMWORK**

PLAY LIKE KIM LITTLE - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

1 x ITEM - TO THROW/KICK/HIT/CONTROL SAFELY

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

4 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

1 x SURFACE - TO HIT AN ITEM AGAINST SAFELY

Example: Wall, door, sofa, fence

1 x TIMER

Example: Stopwatch, watch, mobile phone

SPACE

INDOOR SPACE

Example: Bedroom, living room

OUTDOOR SPACE

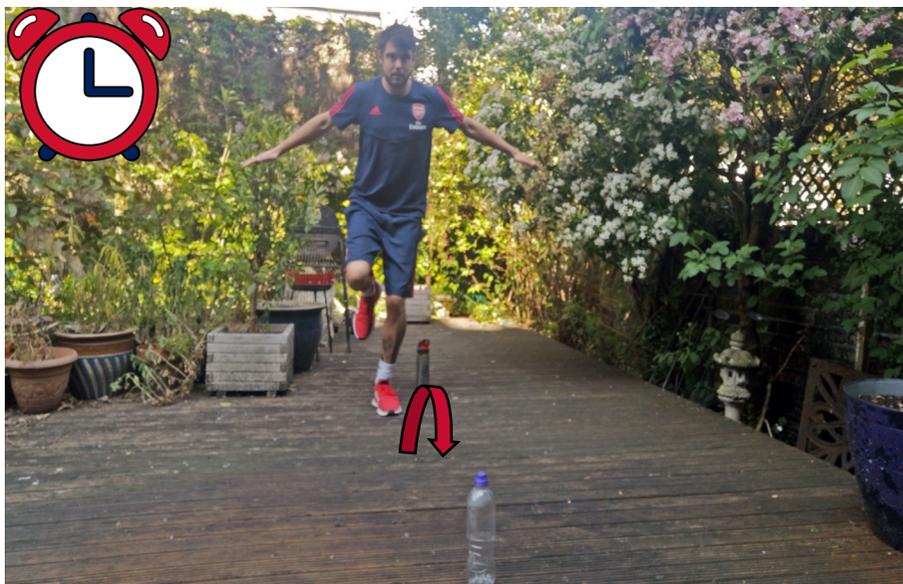
Example: Garden

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 - KIM'S TIGHTROPE CHALLENGE



HOW TO PLAY

1. Place 2 objects at a good distance apart (see picture).
2. Imagine an invisible line between objects. This will be your 'tightrope'.
3. Start next to one object. Score 1 point every time you hop across the tightrope without falling off. If you fall, go back to the start.
4. How many points can you score in 1 minute? Don't forget to time!
5. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Hop across the tightrope and back to score 1 point?

SILVER LEVEL

Face different ways, such as sideways or backwards?

GOLD LEVEL

Balance an item with your hands, head or feet?



CHALLENGE #2 - CONTROL LIKE KIM



HOW TO PLAY

1. Find 4 objects to build your playing area in a square (see picture).
2. Find a soft item you can throw and control safely.
3. Stand in the middle of your playing area. Throw the item in the air and control it with your hands or feet.
4. Score 1 point if you control your item inside the square. How many times can you control your item in 1 minute? Don't forget to time!
5. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Make your square smaller?

 **SILVER LEVEL**

Use your non writing hand/non preferred foot only?

 **GOLD LEVEL**

Throw your item in the air, touch one of the corner objects and then control it?



CHALLENGE #3 - KIM'S SQUASH



HOW TO PLAY

1. Find a surface you can hit an item against safely.
2. Find an item you can hit safely with hands or feet.
3. Stand 1-2 metres away, facing the surface (see picture).
4. Hit your item against it and play a game of 'one touch-one bounce'.
5. Your score is the number of consecutive hits you make before your item stops bouncing. If it does, restart your score from zero.
6. Try again! Can you beat your record score?

LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Use your non writing hand/non preferred foot only?

 **SILVER LEVEL**

Balance on one leg while playing?

 **GOLD LEVEL**

Perform a movement before you hit the item, such as jumping, clapping or spinning around?



HOW TO PLAY

Reflect on the lesson and the challenges you have just completed. Can you create your own 'PRO TIPS' list for how to balance effectively? Can you share this with someone in your household?

PRO TIPS

Think about how you can use your...

- Arms?
- Knees?
- Feet?
- Eyes?
- Mindset?

