

## PE AT HOME ALEX SCOTT CHALLENGE PACK

### PROFILE

POSITION: DEFENDER

APPEARANCES: 313

COUNTRY: ENGLAND



The Arsenal legend we are focusing on is Alex Scott!

On the pitch, Alex was known for her speed and coordination. Since retiring, she has continued to inspire fans with her charity work and broadcasting role.

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

- ✓ Improve your **COORDINATION**
- ✓ Move with **SPEED**
- ✓ Be **INSPIRING**

### TOP SKILLS

 **COORDINATION**

 **SPEED**

 **INSPIRATION**

# PLAY LIKE ALEX SCOTT - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 1 x ITEM - TO THROW/KICK SAFELY AND MOVE WITH

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

#### 15 x OBJECTS - TO SET UP AN AREA

**Example:** Books, toys, clothes

#### 1 x TARGET - TO SCORE INTO OR KNOCK OVER

**Example:** Laundry basket, saucepan, water bottles

#### 5 x OBSTACLES - TO MOVE AWAY FROM

**Example:** Water bottles, books, clothes

#### 1 x TIMER

**Example:** Stopwatch, watch, mobile phone

#### 1 x DEVICE - WITH ACCESS TO INTERNET

**Example:** Mobile phone, tablet, computer

### 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 - SUPER MOVERS WITH ALEX & GUNNERSAURUS



## HOW TO PLAY

1. Find an area that is safe to move in.
2. Position your phone/tablet/computer so you can see the screen.
3. Click the picture (or [here](#)) to access the Super Movers video.
4. Watch the video and move along with Alex and Gunnersaurus!

## LEVEL UP CHALLENGES: CAN YOU...

### BRONZE LEVEL

Click [here](#) and try the Super Movers Level 2?

### SILVER LEVEL

Create your Super Movers routine?

### GOLD LEVEL

Create a level 2 version of your routine? How can you make it harder than your first one?



## CHALLENGE #2 - ALEX'S COORDINATION CHALLENGE



### HOW TO PLAY

1. Find 4 objects to build your area in a rectangle shape (see picture).
2. Place 5 obstacles in the area and spread them out.
3. Find an item you can throw and catch safely.
4. Move from 1 end of the area to the other while throwing and catching.
5. Score 1 point every time you move across without hitting the obstacles or dropping your item. How many points can you get in 1 minute?
6. Try again! Can you improve your score?

### LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Move in different ways, such as backwards, jumping or hopping?

 **SILVER LEVEL**

Balance the item on your head while moving in different ways?

 **GOLD LEVEL**

Place the item on your foot, flick it up and catch it in your hand as you move from one end to the other?



# CHALLENGE #3 - ALEX'S SPEED LADDER



## HOW TO PLAY

1. Find a clear space and use objects to make a ladder on the floor. You should form 4 squares (see picture).
2. Start at one end of the ladder.
3. Run to the end of the ladder as quickly as possible. Make sure you tap both feet inside every square.
4. How many times can you run up the ladder in 1 minute? Don't forget to time!
5. Try again! Can you beat your best score?

## LEVEL UP CHALLENGES: CAN YOU...

### BRONZE LEVEL

Move in different ways, such as sideways or hopping?

### SILVER LEVEL

Change the shape of the ladder by moving the squares around or adding more?

### GOLD LEVEL

Add a target, find an item to throw/kick into and score every time you run up the ladder?



# BONUS CHALLENGE - INSPIRATION

## HOW TO PLAY

Alex Scott inspired people on and now off the pitch. Can you inspire someone in your household to be active at home during the current lockdown?

### PRO TIPS

- What are the benefits of being active? Can you share them?
- Lead by example!
- Share your positive experiences

