

PE AT HOME LISA EVANS CHALLENGE PACK

PROFILE

POSITION: DEFENDER

AGE: 28

COUNTRY: SCOTLAND



The Arsenal player we are focusing on from the women's team is Lisa Evans!

Lisa is an energetic wide player. She is known for her tenacity, speed and ability to deliver good passes into the final third.

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

- ✓ Move with **SPEED**
- ✓ Be accurate when **PASSING**
- ✓ Improve your **RESILIENCE**

TOP SKILLS

 **SPEED**

 **PASSING**

 **RESILIENCE**

PLAY LIKE LISA EVANS - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

10 x ITEMS - TO MOVE AND SCORE WITH

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

6 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

1 x TARGET - TO SCORE INTO

Example: Laundry basket, saucepan, bucket

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 - LISA'S GATES FOR GOALS



HOW TO PLAY

1. Use 6 objects to create 3 gates. Place them a good distance apart from each other and with plenty of space around them (see picture).
2. Find 1 item you can safely throw/kick and stand next to a gate.
3. Score 1 point every time you pass your item successfully through one of the gates.
4. Once you have scored, retrieve your item, place it next to a different gate and repeat. How many points can you score in 10 attempts?
5. Try again! Can you beat your best score? Try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Make your gates smaller?

SILVER LEVEL

Use your non-writing hand/non-preferred foot?

GOLD LEVEL

Score through a gate by throwing your item in the air and volleying safely with hands or feet?



CHALLENGE #2 - EVANS' TARGET TIME TRIAL



HOW TO PLAY

1. Place 1 object in your playing area. This will be your start point.
2. Place 1 target a good distance apart from the object (see picture).
3. Find 10 items and place them next to your start position.
4. Pick up 1 item. Run and place it inside the target. Run back to start and repeat for all remaining items.
5. The game finishes once all the items are inside the target. How quickly can you complete it? Don't forget to time!
6. Try again! Can you beat your personal best?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Add 2 more objects between your start and the target and move in/out while you race?

SILVER LEVEL

Perform a movement before each run, such as a star jump?

GOLD LEVEL

Dribble an item with hands or feet while racing?



CHALLENGE #3 - LISA'S PASS IT AND PACE IT



HOW TO PLAY

1. Find 1 target and place it in your area as your start point.
2. Use 2 objects to create a gate. Place it a good distance away from the target (see picture).
3. Find 5 items and place them next to the target.
4. Throw/kick the item through the gate. If successful, retrieve your item and run to place it inside the target. Repeat for remaining items.
5. If your item doesn't go through the gate, retrieve it and try again.
6. How quickly can you complete the challenge? Don't forget to time!

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Make your gate smaller?

SILVER LEVEL

Throw/kick the item into the target from the gate instead of running to place it in?

GOLD LEVEL

Play bronze or silver level, and use only your non-writing hand/non-preferred foot?



BONUS CHALLENGE - RESILIENCE

HOW TO PLAY

Resilience is a very important skill both in sport and life.

Think about what resilience means to you. Can you come up with your own definition in the form of a tweet (max 280 characters) and ask someone in your family to post it for you using #AFCHOMELEARNING?

PRO TIPS

- Look up what resilience means if you are not sure. Don't copy it though, make it your own!
- Be creative!
- Can you use pictures and emojis to make your tweet more eye-catching and engaging?
- Make it personal by talking about situations in which you had to use resilience yourself.

