

PE AT HOME DAVID SEAMAN CHALLENGE PACK

PROFILE

POSITION: GOALKEEPER

APPEARANCES: 564

COUNTRY: ENGLAND



TOP SKILLS

 CATCHING

 REFLEXES

 BRAVERY

The Arsenal legend we are focusing on is David Seaman

David was Arsenal's goalkeeper from 1990 to 2003. He was known for his catching ability, quick reflexes and bravery, which earned him the nickname "Safe Hands".

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

- ✓ Have "safe hands" when CATCHING
- ✓ React instinctively with quick REFLEXES
- ✓ Identify positive examples of BRAVERY

PLAY LIKE DAVID SEAMAN - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

1x ITEM - TO THROW AND CATCH

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

4 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes, Sticky notes, blue tack

9 x PIECES OF PAPER TO WRITE ON AND STICK TO SURFACE

Example: Printing paper, sticky notes, flipchart paper

1 x STATIONARY TO HELP STICK PAPER TO SURFACE

Example: Tape, blue tack

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 - SEAMAN'S CATCHING CIRCUIT

A. NO BOUNCES



B. CLAP



C. 360° TURN



HOW TO PLAY

1. Find a clear space and use 4 objects to mark out your area.
2. Use an item to safely throw & catch.
3. Stand inside the area to start. Move to a new space after each catch.
4. Score 1 point by throwing your item in the air & catching it in different ways. 5 times for each activity. See pictures & descriptions below:
 - A. Catch without it bouncing.
 - B. Clap once before you catch it.
 - C. Do a 360° turn & catch without it bouncing.
5. Try again Can you complete the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Clap & spin twice before catching in activities B & C?



SILVER LEVEL

Add your own catching activity into the circuit?



GOLD LEVEL

Catch using only your non-writing hand?



CHALLENGE #2 - DAVID'S REFLEXES



HOW TO PLAY

1. Use 9 small pieces of paper and write numbers 1– 9 on them.
2. Find a surface and stick the numbers on it to form a grid.
3. Stand facing the grid in your ready position (see picture).
4. Ask a member of your household to help you by calling out the numbers between 1 & 9. Set a timer for 30 seconds.
5. Quickly touch each number is called out and return to ready position. Score 1 point for every correct number you touch. How many can you get in 30s?
6. Try again Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Change your ready position so your back is against the surface?



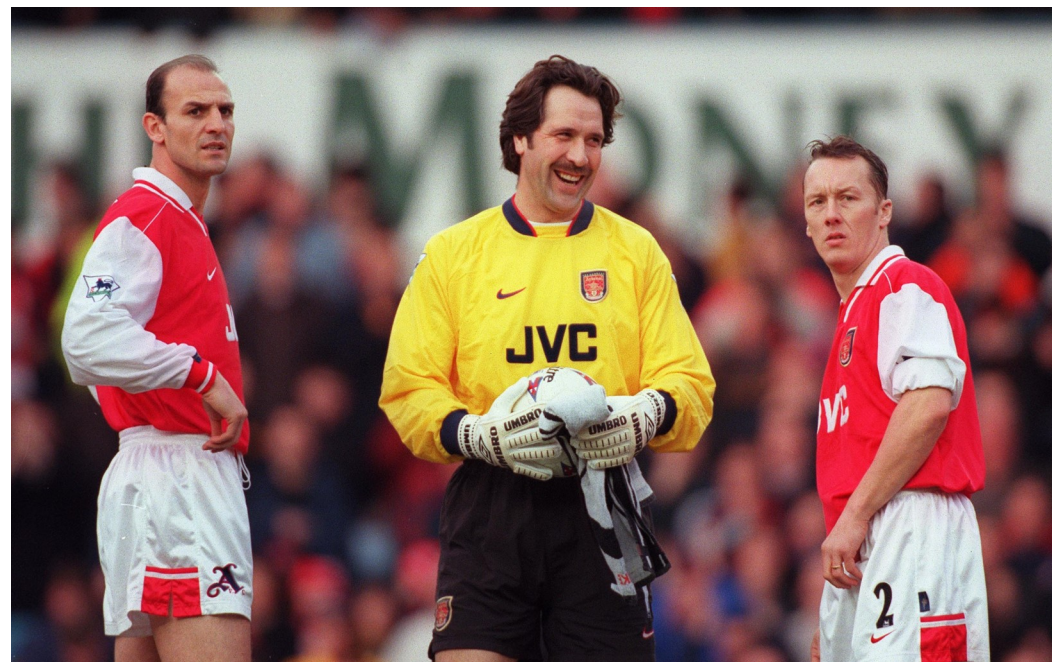
SILVER LEVEL

Balance on one leg during the game?



GOLD LEVEL

Call out the numbers multiplied by 2, such as 2 instead of 1 or 18 instead of 9.



CHALLENGE #3 - 'SAFE HANDS' LIKE SEAMAN



HOW TO PLAY

1. Find a surface you can throw an item against safely.
2. Find an item you can safely throw.
3. Stand 1-2 meters away, facing the surface (see picture).
4. Throw your item against the surface and try to catch it. You are allowed one bounce.
5. Score 1 point for every catch. How many points can you score in 10 tries?
6. Try again Can you beat your score?

LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Catch your item without it bouncing?

 **SILVER LEVEL**

Catch your item with one hand?

 **GOLD LEVEL**

Do a 360° spin before you catch it?



BONUS CHALLENGE - BRAVERY

HOW TO PLAY

Goalkeepers, like David Seaman, are known for their bravery.

Who do you think is the bravest Arsenal player? Can you make a player profile listing the things that make this player brave. Then, share your player profile using the hashtag #AFCHOMELEARNING.

PRO TIPS

- Reflect on what bravery means to you. Think about moments when you showed bravery.
- Write down your ideas and present them to a member of your household.
- Can you include pictures or drawings of your chosen player?

