

# EXTRA TIME

## Learning Resources

### Day 9 Geography



FOUNDATION



# GET ACTIVE WITH CHELSEA FC

## Midfielder Thursday Ruben Loftus-Cheek & Drew Spence

### Focus: Stability and jumping

- Use a small ball/cone/skipping rope.
- Get into your frog position and bend your legs like a frog with your fingers on the ground.
- Jump over your ball/cone/skipping rope and finish back in frog pose.
- Repeat back and forth for 20 seconds.
- How many frog jumps did you do in 20 seconds?
- Try to beat your first score
- Try this again for a longer time or with a different piece of equipment

### Manager's Challenge



What number shirt does Drew wear for Chelsea?

How many times has Ruben played for England?

Which club did Ruben play for on loan during his 2017/18 season?

Extra Time Learning Resources  
Day 9: Geography



#### FUN FACT

Drew made her debut for Chelsea in 2009, meaning she has been at the club for over 10 years!

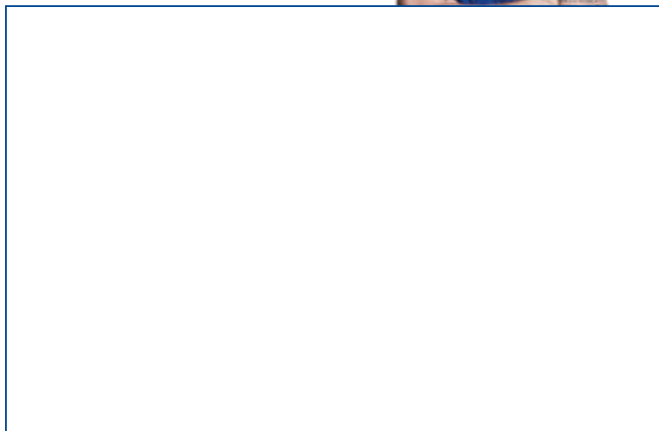
# LET'S GO INTERNATIONAL

## Focus: Geography

Ruben and Drew have team mates from all over the world.  
Olivier Giroud is from France. Which city was Giroud born in?

Christian Pulisic is from the United States of America.  
Which state was Pulisic born in?

Can you draw the  
French flag?

A large empty rectangular box for drawing the French flag.

Can you draw the  
American flag?

A large empty rectangular box for drawing the American flag.

## Manager's Challenge



Before becoming the Chelsea FC Women's manager, I coached in the National Women's Soccer League, USA

Which team was I in charge of?

- A Orlando Pride
- B Houston Dash
- C Sky Blue FC
- D Chicago Red Stars



# LET'S GO INTERNATIONAL

## Focus: Geography

Ruben and Drew have team mates from all over the world.  
Guro Reiten is from Norway. Which city was Guro born in?

Sam Kerr is from Australia.  
Which state/city was Sam born in?

Can you draw the  
Norwegian flag?



Can you draw the  
Australian flag?



## Manager's Challenge



I finished my playing career in another country. Do you know which one?

- A France
- B Spain
- C USA

Which team was I playing for?

- 1 New York City FC
- 2 Paris St Germain (PSG)
- 3 Atletico Madrid



# BEING ACTIVE

## Focus: Healthy Lifestyle

Draw an arrow from the player, to their country, to their country's flag.



Jorginho



Sophie  
Ingle



Willian



Ji So-Yun



Adelina  
Engman

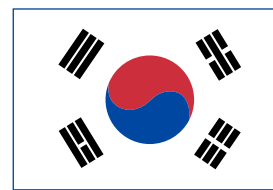
WALES

BRAZIL

SOUTH  
KOREA

FINLAND

ITALY





# DAILY THINKING CHALLENGE

## Midfielder Thursday Ruben Loftus-Cheek & Drew Spence

If you had one superpower,  
what would it be?

Write down why you chose this superpower.

### Manager's Challenge



Choose a Chelsea player and  
what superpower would you  
give them and why?

Draw a picture of them below.



#### FUN FACT

So far in Drew's Chelsea  
career she has won the  
following trophies:

2014/15 FA Cup, 2015 FA  
WSL Title, 2017 FA WSL  
Spring Series, 2017/18 FA  
Cup, 2017/18 FA WSL Title,  
2020 Continental Cup