

# PE AT HOME TONY ADAMS CHALLENGE PACK

### PROFILE

POSITION: DEFENDER

APPEARANCES: 504

COUNTRY: ENGLAND



The Arsenal legend we are focusing on is Tony Adams!

Tony captained Arsenal for 14 years. He was a central defender, known for his aerial ability and for being an influential voice in the dressing room.

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

- ✓ Position yourself when **DEFENDING**
- ✓ Maintain stability when **JUMPING**
- ✓ Improve your **COMMUNICATION**

### TOP SKILLS

 **DEFENDING**

 **JUMPING**

 **COMMUNICATION**

# PLAY LIKE TONY - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 8 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

#### 4 x OBSTACLES - TO JUMP OVER

**Example:** Water bottles, cereal boxes, clothes

#### 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 - TACKLE LIKE TONY!



## HOW TO PLAY

1. Use 4 objects to build your area in a square shape (see picture).
2. Find 8 items that you can move and place 2 in each corner.
3. Start in centre. Pick up 1 item at a time, bring it back to the start and gently roll it out of the area. Repeat for remaining items in any order!
4. Use side on position to see both item and centre (see picture).
5. How quickly can you roll the 8 items out? Don't forget to time!
6. Try again! Can you beat your score? Attempt the level up challenges?

## LEVEL UP CHALLENGES: CAN YOU...



### BRONZE LEVEL

Get quicker with every attempt?



### SILVER LEVEL

Move in different ways such as jumping or hopping?



### GOLD LEVEL

Dribble the item back from corners using hands or feet?





## CHALLENGE #2 - TONY'S STEPPING STONES CHALLENGE



### HOW TO PLAY

1. Place 6 objects in a straight line at a good distance apart (see picture).
2. Stand next to object 1 and jump to object 2. To do this safely, you should land with 2 feet NEXT TO the object, NOT on top! (see picture)
3. Repeat for remaining objects. Score 1 point every time you jump from one side to the other without landing between objects (see picture).
4. How many points can you score in 1 minute?
5. Try again! Can you mix up the order of your objects?

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



#### BRONZE LEVEL

Use fewer objects?



#### SILVER LEVEL

Increase the distance between the objects?



#### GOLD LEVEL

Increase the distance between the objects and jump in different ways, such as sideways or backwards?





## CHALLENGE #3 - TONY'S TIDY UP!



### HOW TO PLAY

1. Find 4 obstacles and 8 items and place them in your playing area (see picture).
2. Get a target and place it at one end of your playing area.
3. Jump over one obstacle, pick up an item and try to score 1 point by throwing or kicking it into the target.
4. Repeat for the remaining items, trying to move only by jumping!
5. Try again! Can you beat your score?

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



#### BRONZE LEVEL

Jump over the obstacle in different ways, such as sideways?



#### SILVER LEVEL

Jump over 2 obstacles before you can pick up an item to score?



#### GOLD LEVEL

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



### HOW TO PLAY

As the Arsenal captain, Tony Adams was excellent at communicating with others. Can you tell a friend or family member (living in your household) all about this lesson?

### PRO TIPS

- What did you enjoy?
- What did you learn?
- What was your favourite challenge?
- What was the most difficult challenge?

