

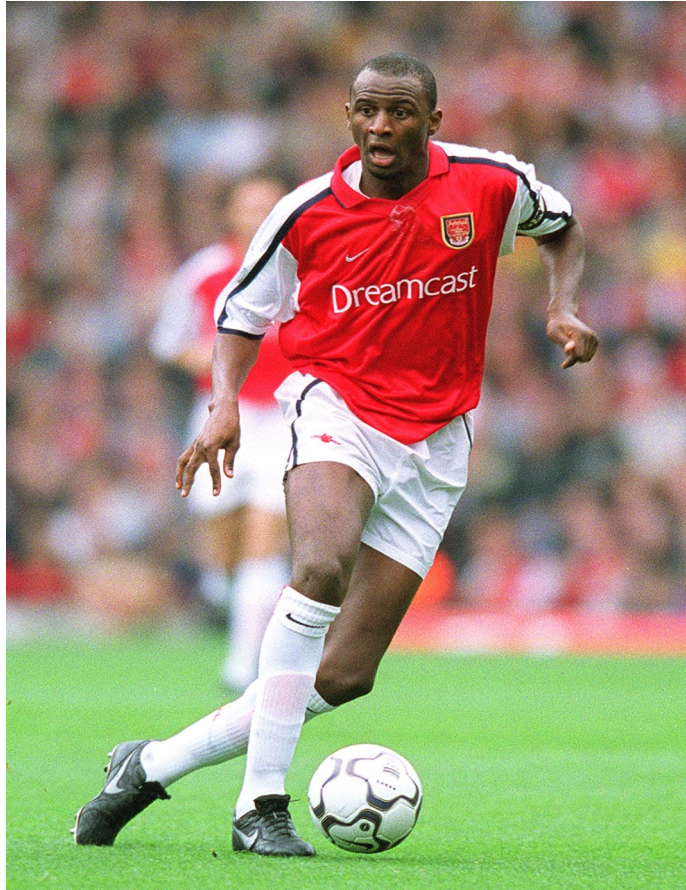
PE AT HOME PATRICK VIEIRA CHALLENGE PACK

PROFILE

POSITION: MIDFIELDER

APPEARANCES: 406

NATIONALITY: FRANCE



The Arsenal legend we are focusing on is Patrick Vieira!

Vieira played for the club between 1996 and 2005. He was known for being a strong midfielder, with incredible stamina and vision.

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

- ✓ Increase your **STRENGTH**
- ✓ Build your **STAMINA**
- ✓ Play with **VISION**

TOP SKILLS

 **STRENGTH**

 **STAMINA**

 **VISION**

PLAY LIKE VIEIRA - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

5 x ITEMS - TO MOVE AND SCORE WITH

Example: Ball, rolled paper, rolled socks

4 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

5 x TARGETS - TO SCORE INTO OR KNOCK OVER

Example: Laundry basket, saucepan, bucket, water bottles, toys, 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 PLAYERS

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 - PATRICK'S PUSH UP CHALLENGE



HOW TO PLAY

1. Use 4 targets to build the playing area in a square (see picture).
2. Find a soft, small item that you can throw safely.
3. Start in centre in push up position, holding your item (see picture).
4. Score 1 point by throwing item into targets. Stay in push up position when throwing. Always reset/throw from the centre of the square.
5. How many times can you score in 1 minute? Don't forget to time!
6. Try again! Can you improve your score? Can you attempt the level up challenges?

LEVEL UP CHALLENGES

BRONZE LEVEL

Can you increase the game time to 90 seconds?

SILVER LEVEL

Crawl in the push up position every time you retrieve the item.

GOLD LEVEL

Can you try playing in the plank position?



CHALLENGE #2 - PATRICK'S BOX TO BOX CHALLENGE



HOW TO PLAY

1. Use 4 objects to make 2 gates a good distance apart (see picture).
2. Find 3 items, place them behind one gate and stand next to them as your starting position.
3. Pick up items one at a time and place them behind the opposite gate.
4. Score 1 point by transferring all 3 items from one gate to another. How many points can you score in 90 seconds? Don't forget to time!
5. Try again! Can you improve your score?

LEVEL UP CHALLENGES

BRONZE LEVEL

Can you move in different ways, such as hopping, skipping or jumping?

SILVER LEVEL

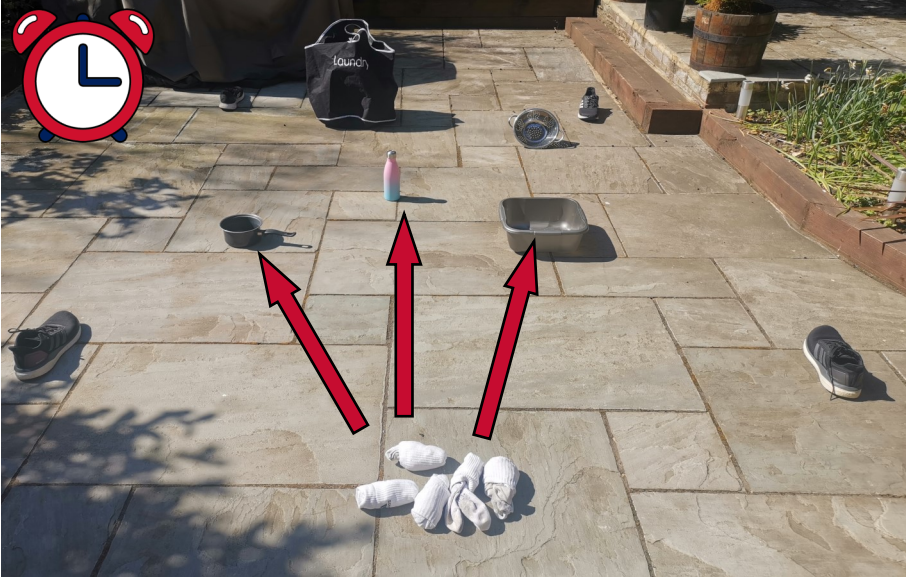
Do 3 star jumps every time you put an item down.

GOLD LEVEL

Can you dribble the items across using your hands or feet?



CHALLENGE #3 - VIEIRA'S VISION



HOW TO PLAY

1. Use 4 objects to build playing area in a rectangle (see picture).
2. Place 5 different targets in the area. Make sure they are spread out.
3. Find 5 items that you can throw or kick safely.
4. Start at one end of your area. Throw/kick your items to score in/knock over the targets.
5. Score in ALL 5 in any order to complete the round. How quickly can you do this? Don't forget to time!
6. Try again! Can you improve your time?

LEVEL UP CHALLENGES

BRONZE LEVEL

Change your start position, such as backwards or balancing on one leg.

SILVER LEVEL

Can you hit all 5 targets in under 8 attempts?

GOLD LEVEL

Score by throwing items in the air and volleying safely with hands or feet.



BONUS CHALLENGE - PATRICK'S PENCIL JUMPS

HOW TO PLAY

Can you challenge someone in your household to see who can do the most pencil jumps in 1 minute? If don't know how to do a pencil jump, check out the PRO TIPS!

PRO TIPS

- Find a video or picture that can teach you the correct pencil jump technique.
- Keep your arms straight and together.
- Bend your knees slightly to help you balance and spring off the floor.
- No cheating!

