

## PE AT HOME MICHAEL THOMAS CHALLENGE PACK

### PROFILE

POSITION: MIDFIELDER

APPEARANCES: 206

COUNTRY: ENGLAND



The Arsenal legend we are focusing on is Michael Thomas!

Michael played for the Club between 1984 and 1991. He was known for being a strong midfielder, with great passing ability and determination.

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

- ✓ Improve your **STRENGTH**
- ✓ Use accurate **PASSING**
- ✓ Achieve goals with **DETERMINATION**

### TOP SKILLS

 **STRENGTH**

 **PASSING**

 **DETERMINATION**

# PLAY LIKE MICHAEL THOMAS - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 3 x ITEMS - TO THROW/KICK SAFELY

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

#### 3 x OBJECTS - TO SET UP AN AREA

**Example:** Books, toys, clothes

#### 1 x SURFACE - TO KICK/THROW AN ITEM AGAINST SAFELY

**Example:** Wall, bed, sofa, table

#### 1 x TIMER - TO TIME YOURSELF

**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 - THOMAS' WALK OUT



## HOW TO PLAY

1. Find a clear space with a soft surface.
2. Stand up straight with your arms stretching up (picture #1).
3. Lower arms until both palms are touching the floor (picture #2).
4. Walk out on your hands into a plank position (picture #3).
5. Walk back on your hands until you are in start position (picture #4).
6. Complete 10 reps, with a 30 second rest in between the first and the last 5 (5 Reps - 30 secs Rest - 5 Reps).
7. Can you try the level up challenges?

## LEVEL UP CHALLENGES: CAN YOU...

### BRONZE LEVEL

Hold the plank position for 3 seconds on every rep?

### SILVER LEVEL

Do 7 reps either side of the 30 seconds rest instead of 5?

### GOLD LEVEL

Do the 10 reps in a row without a rest?



## CHALLENGE #2 - MICHAEL'S PASSING GATES



### HOW TO PLAY

1. Find a soft item and a surface that you can throw/kick it against safely.
2. Place 3 objects 1-2 meters away from the surface to form 2 gates.
3. Stand in front of the surface and throw/kick your item against it.
4. Score 1 point every time you pass the item through 1 of the gates and receive it with control through the other (see picture).
5. Your score is the number of consecutive passes you complete without losing control of the item. If it does, restart your score from zero.
6. Try again! Can you beat your record score?

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

 **BRONZE LEVEL**

Make the gates smaller?

 **SILVER LEVEL**

Alternate hand/foot you are using to pass and control?

 **GOLD LEVEL**

Play with one touch?

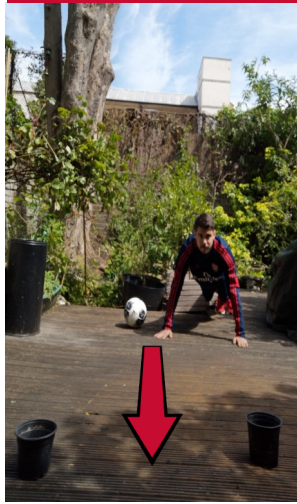


# CHALLENGE #3 - THOMAS' STRENGTH SHOOT OUT

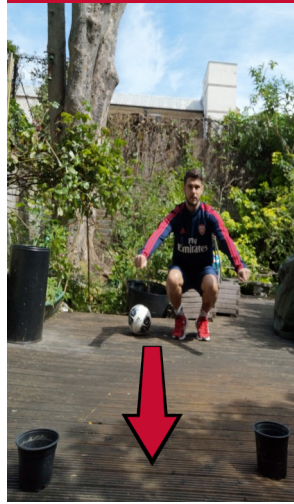
## A. BALANCING



## B. PLANK



## C. SQUAT



## HOW TO PLAY

1. Find 3 items you can throw/kick safely.
2. Use 2 objects to form a goal and stand a good distance away from it.
3. Score 1 point every time you kick/throw your items in the goal.
4. Complete each attempt following the tasks described below:
  - A. Balance on one leg for 5 secs, then kick your item (see picture).
  - B. Plank position for 5 secs, then throw your item (see picture).
  - C. Squat position for 5 secs, then kick/throw your item (see picture).
5. Retrieve the items and repeat. What's your score out of 6 attempts?

## LEVEL UP CHALLENGES: CAN YOU...

### BRONZE LEVEL

Make the goal smaller?

### SILVER LEVEL

Hold each position for longer (8 secs) before trying to score?

### GOLD LEVEL

Play one of the challenges above, using only your non-writing hand/non-preferred foot?



## BONUS CHALLENGE - DETERMINATION

### HOW TO PLAY

Michael scored a legendary goal in the last minute of the last game in 1988-1989 season to win the League. A perfect example of determination!

Can you retry the challenge you found the most difficult and improve your performance?

### PRO TIPS

- Be resilient and never give up
- Keep going until the very last second!
- Practice makes perfect!
- Ask for help if you need

