

PE AT HOME SOL CAMPBELL CHALLENGE PACK

PROFILE

POSITION: DEFENDER

APPEARANCES: 211

COUNTRY: ENGLAND



The Arsenal legend we are focusing on is Sol Campbell

Sol was known for being a strong central defender with great aerial ability. He was part of The Invincibles team who won the Premier League without losing a single game in 2003/04.

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

- ✓ Improve your **STRENGTH**
- ✓ Have good stability when **JUMPING**
- ✓ Demonstrate **AMBITION**

TOP SKILLS

-  **STRENGTH**
-  **JUMPING**
-  **AMBITION**

PLAY LIKE SOL CAMPBELL - 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

1 x TARGET - 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 PLAYER**

You can play by yourself, or you can challenge a member of your household to take part, too

CHALLENGE #1 - SOL'S PLANK & PLONK



HOW TO PLAY

1. Find a clear space with a soft surface to use as your playing area.
2. Scatter 6 items around your area.
3. Place a target at one end of your area (see picture).
4. Go into the plank position and walk on your hands and feet. Pick up an item and walk, still in plank position, to the target and place item inside.
5. Repeat for all items. Time yourself. How quickly can you clear the area?
6. Try again Can you beat your time?
7. Can you complete the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Add 2 more items into the area?

SILVER LEVEL

Transport the items into the target by placing them on your back?

GOLD LEVEL

Walk in the “crab” position (back turned to the ground) instead of the plank?



CHALLENGE #2 - CAMPBELL'S JUMPING GATES



HOW TO PLAY

1. Find a clear space to use as your playing area.
2. Use 6 objects to make 3 gates inside your area.
3. Set a timer for 1 minute.
4. Jog around your area and jump through as many gates as possible in the time limit. You can't jump through the same gate twice in a row.
5. Score 1 point every time you jump through a gate.
6. Try again Can you beat your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Jump through the gates in different ways, such as on 1 leg or star jumps?

SILVER LEVEL

Go into a plank position before every jump?

GOLD LEVEL

Dribble an item around your area using hands or feet between jumps?



CHALLENGE #3 - SOL'S STRENGTH & STEAL CIRCUIT

A. SQUAT



B. STAR JUMP



C. PUSH UPS



HOW TO PLAY

1. Use 2 objects as your start & end point.
2. Place 3 items that you can dribble with hands/feet next to the end point.
3. Complete each strength challenge. See pictures and descriptions below:
 - A. Perform 3 squats, run to “steal” an item and bring back to start.
 - B. Perform 3 star jumps, run to “steal” an item and bring back to start.
 - C. Perform 3 planks, run to “steal” an item and bring back to start.
4. Time yourself. How quickly can you “steal” all 3 items?
5. Try again Can you beat your time?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Jump instead of run to steal the items?



SILVER LEVEL

Perform 5 squats/star jumps/planks instead of 3?



GOLD LEVEL

Add an extra item and come up with your own challenge to add into the circuit?



BONUS CHALLENGE - AMBITION

HOW TO PLAY

Ambition helped Sol Campbell and The Invincibles to become one of the most successful teams in Premier League history. Can you be ambitious and set yourself a goal to achieve?

PRO TIPS

Try using the “SMART” model to set your goal:

- S - Specific, is there a new skill you want to learn?
- M - Meaningful, something you are interested in.
- A - Achievable, make sure it's not too hard to achieve.
- R - Realistic, it's not impossible (like going to the moon)
- T - Time-bound, set a deadline to reach your goal by.

