



**SPORTY  
& HEALTHY**

# POKEMON

Story: Just like the well-known video-game and tv show, trainers try to catch pokemons and train them for battles



## Lesson Objectives:

**Topic:** Development of motor coordination and muscle strengthening

**General:** Strengthen muscles, body balance, functional training.

**Operational (detailed):** The child will:

- Strengthen muscle force.
- Develop concentration.
- Hand-eye coordination.

**Forms of Work:** In pairs.

**Teaching Tools:** Sponge balls, hula hoops, cones.

**Duration:** 30 minutes

## Lesson Program:

### Warm-up - about 10 minutes - "Trainers and Pokemon Sorting"

Half of the children will be randomly selected as Pokémon, the other half as trainers. To differentiate between them, they will be provided with different colored bands.

Each trainer will be given a pokeball, a sponge ball, so they can later search for their own Pokémon. In the following game, trainers will try to catch their Pokémon. To do so, they simply have to hit the same child, or rather the same Pokémon, three times with the ball. Pokémon can move freely within the area marked by cones. As time passes, the area will begin to shrink until all Pokémon are caught. The exercise can be repeated by swapping roles.

### Main Activity - about 15 minutes

"Pokemon Battle" For every two trainers with their respective Pokémon (4 children in total), a restricted area (2×2 meters) will be designated. Inside this area, the two Pokémon must crouch on their feet and try to unbalance the other by pushing hands against each other or by exiting the circle. Simultaneously, the two trainers must continuously challenge each other to Rock-Paper-Scissors so they can gain 'actions' to bother the opposing Pokémon or advantage their own:

Healing Apple: A differently colored ball, provides an extra life if the Pokémon is beaten the first time. Fireball: A ball that can be used to bother the opposing Pokémon. Energy Rays: Ribbons provided to tickle and bother the opposing Pokémon. Blinding Hit: Winning this power, the opposing Pokémon must fight with closed eyes for 10 seconds.

Afterward, pairs can be changed, alternating between Pokémon and trainer roles.

## Conclusion: Pokémon Evolution

All children will compete in Rock-Paper-Scissors, and each time they win, they advance in evolution:

- Baby Pokémon: For this stage, children must remain crouched on their heels.
- Basic Pokémon: For this stage, children can slightly crouch with slightly bent legs.
- Stage 1 Pokémon: For this stage, children can stand.
- Stage 2 Pokémon: For this stage, children must stand with arms raised.

To win, one must pass through all these evolutionary stages, considering that they can challenge only those at the same stage. If they win, they move up a stage; if they lose, they move down a stage. Every time a child surpasses the final stage, they can finally exit and be safe.

