

The Pokemon craze has come to PE! Use the fitness based game that you will learn/play as an instant activity to energize your students when they come to class! Your students will be engaged, active and ready to catch ‘em all on their quest to become Pokemon Masters!

**Equipment:**
Pokemon Wall Cards
Pokemon Hand Held Cards
40 Bins

Cones
Projector

Computer
Legendary Pokemon Powerpoint
2 Yellow Fuzzballs, 2 Orange Fuzzballs, 2 Blue Fuzzballs, 2 Purple Fuzzballs
1 Yellow Polyspot, 1 Orange Poly Spot, 1 Blue Poly Spot, 1 Purple Poly Spot
1 big bucket

A lot of clothespins

**Set Up:**
Tape the wall cards on the walls around your gym. Place a container underneath each of the Pokemon wall cards you put up. Put the corresponding hand held Pokemon cards in the bin (If Charmander is on the wall, put the hand-held Charmander cards in the bin directly underneath). Some of the Pokemon on the wall cards will have exercises listed on them and some will not. The ones that have exercises listed on them are basic Pokemon. Pokemon that have no exercises on them are evolved forms of Pokemon.

**Level 1: Basic Pokemon Fitness**
Instruct the students that they will be trying to become Pokemon Masters in PE today. Their job is to collect as many Pokemon as possible by the end of the activity. Students can work individually, in partner pairs or teams for this activity. In order to capture Pokemon in this game, students must complete certain exercises. For example, if a student decides he or she wants a Charmander, they will go over to the Charmander card on the wall, look at the exercises listed and perform them for the required amount of reps/seconds. Once the exercises listed for Charmander are completed, the student will take 1 hand-held Charmander card out of the bin to show they have captured this Pokemon. Once they have captured one Pokemon, they now have a choice to make. They can either go look for another basic Pokemon on a wall card to capture or they can decide to evolve the Pokemon they already captured. If they want to evolve the Pokemon in their hand, they must flip the hand-held card over, look to see what exercises they need to do, perform and complete the exercises. Upon completion, they can find that Pokemon's evolved form on the wall and go over and take 1 of the hand-held cards for their new Pokemon. The exercises for the basic Pokemon are easier and the exercises for evolved forms of Pokemon are more difficult. All in all in this game there are 31 Pokemon cards that the students can try to earn by the end.

**Level 2: Add in XP Points**After a few minutes, once students are demonstrating an understanding of the activity, stop them and add in Level 2. Students will continue to play the game as they have been, but now they will earn “XP” for capturing and evolving Pokemon. “XP” stands for experience points. Place a bucket in the center of the gym and fill it with clothes pins. Each time a partner pair catches a new Pokemon or evolves a Pokemon, they will need to go to the bucket in the middle, take out 1 clothespin and clip it to themselves. Each clothespin is worth 100 XP. These XP clothespins will be important for the next level of the game.

**Level 3: Add in Battles**After a few minutes of playing Level 2 and students are demonstrating an understanding of the activity, stop them and add in Level 3. Students will continue to play the game as they have been, but now partner pairs will be able to “battle” one another in order to try and gain more XP. In order to participate in a “battle”, partner pairs must have a minimum of 1000 XP (10 clothespins). Partners looking for a “battle” can go over to the arena (create an area of the gym marked off by cones) to find another partner pair to “battle” against. A “battle” consists of 1 person from either partner pair playing rock, paper, scissor until one person gets 3 victories (best of 5). The losing partner pair of the “battle” must give up 200 XP (2 clothespins) to the winning pair.

**Level 4: Capturing Legendary Pokemon**

After a few minutes of playing Level 3 and students are demonstrating an understanding of the activity, stop them and add in Level 4. Students will continue to play the game as they have been, but now partner pairs will be able to try and capture legendary Pokemon (Zapdos, Moltres, Articuno and Mewtwo) in order to become the ultimate Pokemon Masters. In order to try and capture Zapdos, Moltres, Articuno or Mewtwo, partner pairs must have a minimum of 2500 XP (25 clothespins). Once a partner pair has enough XP and they decide to try to capture a legendary Pokemon, they will make their way up to the white board. The teacher will have a Powerpoint on a cart shining on the whiteboard that has all 4 legendary Pokemon in motion using an animation loop. Partners must select which of the 4 Pokemon they will try and capture. Each legendary Pokemon has a matching colored Pokeball (fuzzball) that the pair will try to throw at this Pokemon on the screen (Zapdos = yellow fuzzball, Moltres = orange fuzzball, Articuno = blue fuzz ball, Mewtwo = purple fuzz ball) in order to try and capture it. Each partner only gets 1 throw from a poly spot in order to try to capture the Pokemon they chose. For example, if a pair decides they want to try to capture Zapdos, they will each get 1 throw with a yellow Pokeball. If one or both of them hit Zapdos as he is flying around the screen, they have captured him and may take a hand-held Zapdos card. If their throws miss or hit a Pokemon other than Zapdos, they have not captured the Pokemon. After their 1 attempt each to capture a legendary Pokemon, they must go and battle at least 1 other pair before returning to capture another legendary Pokemon.