

Pokémon Go Get ‘em

2-6

OBJECTIVE:

Inspired by Launch It from my book PE² (2010), Pokémon Go Get ‘em was created by my friend and colleague **Sadie Stark** (Kaneland McDole Elementary in Montgomery, IL). This game is derived from the very popular reality game of Pokémon Go where players use a mobile device to locate virtual creatures called Pokémon. Pokémon Go Get ‘em is a cooperative game that will allow students the opportunity to explore various ways to develop and improve ball manipulation, slingshot skills of force and accuracy, while helping to improve each student’s cardiovascular endurance, muscular strength, and muscular endurance.

EQUIPMENT:

- One bucket of Flat Resistance Exercise Bands (15+ slingshots). An Exercise Band is a rubber latex flat band that comes in various lengths and resistances. I recommend purchasing a medium resistance roll (usually the color green) and cutting it into lengths of 1.5 to 2.0 feet segments.
- One bucket of Super 70 balls or foam tennis balls (30+ balls).
- Stuffed animals (30-50 medium to large size animals; the more the better). **Hint:** send home a parent letter with your students requesting a donation of stuffed animals and you will get MORE than enough to use for the game.
- Dome cones (1 per stuffed animal used in the game)
- Traffic cones (6-10)

PROCEDURE:

Before classes arrive identify a “Start line” with traffic cones. Spread all of the Pokémon animals around a large field or gymnasium with one dome cone beside each Pokémon (See Figure 1). Set up three to five fitness stations outside of the boundaries of the game and place within the fitness station area the bucket of slingshots and balls. **Note:** *I recommend setting up fitness stations that require little to no equipment such as stations that correlate with fitness testing.* The **object** of the game is to complete the fitness stations to earn ball launches to capture as many Pokémon as possible before the time elapses.

To Begin: instruct students to get into groups of two or three. Students must first go to a Pokéstop (any one of the fitness stations) and complete the required exercise (See Figure 2). Each team that completes an exercise earns 5 Pokéballs (1 ball and slingshot from the bucket, but 5 launches) for their team. Each team will then report to the start line, choose a Pokémon to aim at and then launch their ball (See Figure 3). If the Pokémon was missed then the team will take aim and shoot their next shot from where their ball has stopped. A dome cone must be immediately placed on top of any Pokémon to signify that it has been captured (See Figure 4). No other team should then try to capture that animal. **Note:** *teams must return to the Pokéstop and perform another fitness station to earn 5 more Pokéball launches each time the 5 launches have been used up or immediately upon capturing a Pokémon (even if they used less than 5 launches).*

Teams will continue the process of earning 5 Pokéball shots at the Pokéstop to try and capture as many Pokémon as possible until the end of class or until all the Pokémon have been captured. Remove the dome cones and start a new round if time permits.



Figure 1: Pokémon animals spread out

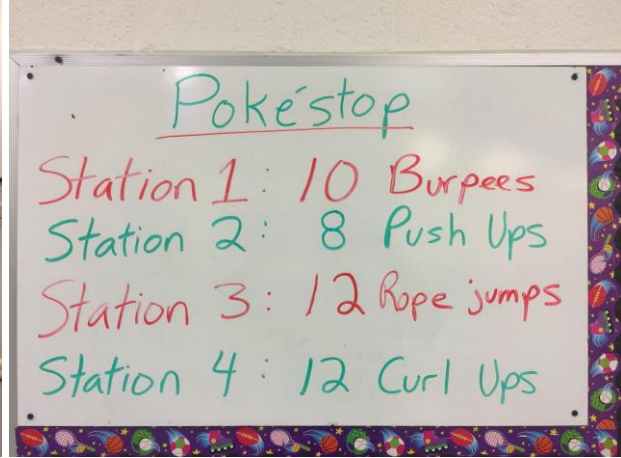


Figure 2: Pokéstop Station Examples



Figure 3: Aiming for a Pokémon



Figure 4: Captured Pokémon

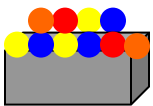
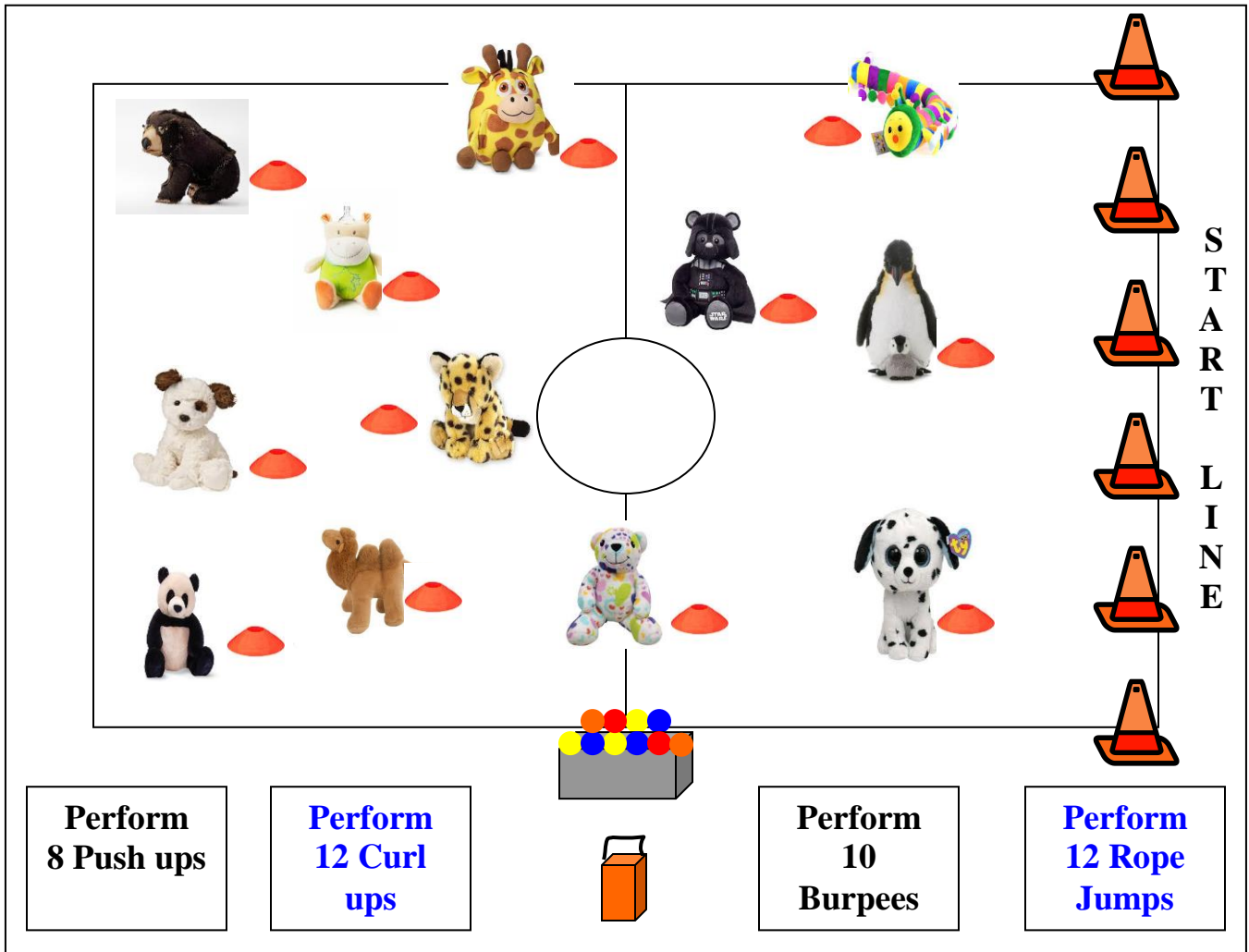
RULES:

1. Students must go to a Pokéstop and complete one of the required exercises.
2. Each team that completes an exercise earns 5 Pokéballs for their team.
3. The first shot must be taken at the start line
4. If the Pokémon was missed then the team will take aim and shoot their next shot from where their ball has stopped.
5. A dome cone must be immediately placed on top of any Pokémon to signify that it has been captured. No other team can then capture that animal.

VARIATIONS:

1. Motivate your students even more by adding teacher pictures and numbers to the stuffed animals and create a Pokédex. The Pokedex is a list of teacher's names that have been modified with the actual names of Pokémon characters. Example: the teacher's last name is Kuntz plus the Pokémon name of Pikachu equals "Kuntzachu".
2. Playing inside? Add scooters to the fun by having each team slingshot the ball while traveling around on a scooter.
3. Add points to the game. Each team capturing a Pokémon is allowed to get **ONE** wristband from the bucket. The team with the most Pokémon captures wins.

DIAGRAM:



= bucket of balls



= bucket of slingshots



= Pokémon animals and cone