

Pokemon Team

Challenge



Pokémon Challenge



INTRODUCTION

One of the all-time top-selling video game and TV series Pokémon is now a remarkable movement and team building game to use with students. We have used the game idea and added our spin on this classic. We recommend playing the game for 10 to 20 minutes in pairs or small teams.

INSTRUCTIONS:

Once teams are paired and selected for the game, they will all need to choose a Pokémon character from the list below as this will be their team's identity. The game is straightforward; teams must complete a movement challenge and then a team mission challenge. The movement challenges will all be random in a pile and so will the team mission's; I will explain this more detail below in the setup. Each time teams complete one of the challenges they are given a Pokémon ball like in the video game that they use to catch the Pokémon. At the end of the allocated game time, the team with the most Pokémon balls will be the champions of this exciting challenge activity.

Set Up

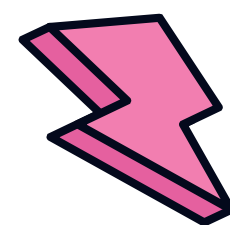
As the instructor, you will need to print out all of the Pokémon characters so that they can select these from the start. Each team will have this character as their own throughout the game. Secondly, you will need to cut out all of the movement challenges and place them in a pile or a bucket, and you will also need to repeat this process for the team missions.

Gameplay and concept

As mentioned above the game is pretty straightforward, with some of the random movement challenges and team missions being harder than others. This adds to the fun of the game as its all randomised. The only rule is if a team can't complete a challenge or doesn't want to finish the problem or mission they have chosen then they need to complete a 400-metre run as a team. If they choose this option, they also do not collect a Pokémon ball for their teams score from that selection.



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Each player must complete a 30-second wall sit	Each group member must take it in turns to sing a song, and the rest of the group has to guess the song title and artist
Each player must complete 10 commandos	Your team must run to every other side and give them a high five
Each player must complete 15 squat jumps	Your team must run up to all the other teams and tell them something they are doing well
Each player must complete 30-second squat hold	As a group you can use this card anytime throughout the game, you must scare another team somehow
Each player must complete 10 sumo squats	Everyone must attempt five handstands or cartwheels as best they can
Each player must complete 20 shoulder taps	Stand in a circle and take it in turns to say something that you are grateful for in your life
Each player must complete 10 leg raises	Stand in a circle and take it in turns to tell the group, someone, you admire and why
Each player must complete 20-star jumps	Stand in a circle and take it in turns to tell the group, someone, you are proud of and why
Each player must complete 20 shoulder taps	Bad Pokémon team. Please give one of your Pokemon balls to another team
Each player must complete 20 plank jacks	Double point card. You can use this when completing your next fitness challenge card if you like. You double the reps and get double the Pokemon balls if you are up for the challenge
Each player must complete 10 squat thrusters	Drink break, you can have a 30-second break and take a Pokemon ball once you're finished as a reward
Each player must complete 10 in out squats	Sticky fingers, you can take a Pokemon ball from a team of your choice.

POKEMON CHARACTERS



PIKACHU



POLIWHIRL



SQUIRTLE



TOTODILE



KANGASKHAN



PIPLUP

POKEMON CHARACTERS



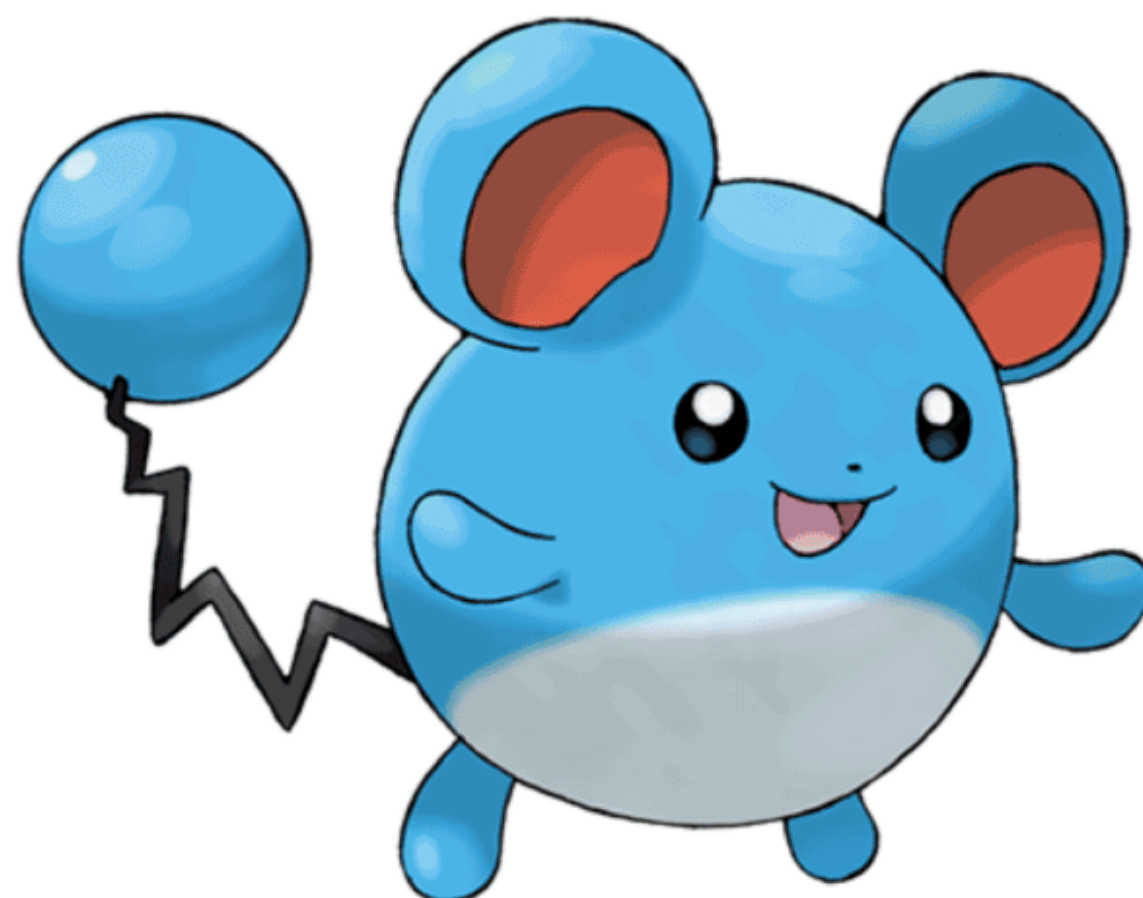
GENGAR



CHIKORITA



WARTORTLE



MARILL



MUDKIP



SNEASEL

