

The PE Shed

Tag Game: Pokemon Tag

Recommended Age Range: Foundation - Grade 5

Focus: Gross motor skills, movement, tagging, fitness and coordination.

Equipment	Setting Up	Description	Further opportunities
<p>Hoops</p> <p>Soft Dodgeballs</p>	<p>Place hoops (Pokemon Gyms) around the playing area.</p> <p>Select 1-3 taggers (Pokemon Hunters)</p>	<p>Pokemon Hunters (Taggers) aim to tag all of the pokemon (students) by throwing Pokeballs (soft dodgeballs) at them. If a student is caught, they must go to a Pokemon Gym (hoop).</p> <p>Pokemon Hunters must throw the balls at Pokemon below their shoulders to catch them.</p> <p>To be freed, Pokemon (students) must complete a specific fitness activity (I.e 10 star jumps) in the Pokemon Gym (Hoop).</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> - Reduce taggers - Reduce the number of fitness repetitions - Reduce the difficulty of the fitness activity <p>Harder:</p> <ul style="list-style-type: none"> - Increase taggers - Increase the number of fitness repetitions - Increase the difficulty of the fitness activity <p>Variations</p> <ul style="list-style-type: none"> - Change the fitness activity in the Pokemon (Sit ups, press ups, squats, mountain climbers, plank etc) - Have specific fitness activities in each gym (hoop). - Partner freedom: Another pokemon must save them by completing the fitness activity with them.

Pokemon Tag



How to play:

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- Pokemon Hunters must throw the balls at Pokemon below their shoulders to catch them.
- To be freed, Pokemon (students) must complete a specific fitness activity (I.e 10 star jumps) in the Pokemon Gym (Hoop).