**Title: Pokemon Hunt (Corona stay home lesson)**

**Type: Fitness, Health, CLIL**

**Lesson Goal: understand how the heart works, catch Pokemons**



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| **Instruction** | **Differentiation options** | **Extra info** |
| **Learning target:** * I can understand how my heart works.
* I can explain how physical activity helps keep my heart healthy and strong.

Watch this video: <https://www.youtube.com/watch?v=tF9-jLZNM10>Now you know how your heart works, you are going to do an activity yourself to help keep your heart healthy and strong! Attached to this document you can find 2 important papers. 1. Pokémon cards
2. My Pokédex

This is what you need:* A pencil
* A coin

Print both attachments. Cut each card out and give the cards to your parents/brother/sister. Ask them to go hide these cards in all kinds of different places around the house. . Here is how you are going to play: Take your coin, your pencil and your Pokédex and go around the house, try to find the Pokémon and catch them. This is how you catch a Pokémon: Once you find a Pokémon card you’re going to try and catch it by flipping a coin and trying to get “heads”. If you get ‘heads’ you’ve caught that Pokémon. If you don’t get heads (tails) you miss the Pokémon and you’re not allowed to catch that Pokémon again until you catch another Pokémon. For example: if you find Balbasor underneath your bed, flip the coin and get tails, you missed it and are not allowed to find Balbasor again until you go catch another Pokémon. Each Pokémon card shows the Pokémon’s name and also the type. The type determines what kind of exercise you need to do to try and catch that Pokémon. When you try and catch a Pokémon you always have a choice between using a Pokeball (one flip of the coin), a great ball (which gives you 3 flips of the coin) or an ultraball which gives you 5 flips of the coin. You only have to get heads once in those flips to catch that Pokémon. Obviously, you’re going to have to do more exercise to be able to use those Pokeballs to try and catch those Pokémons. It is always your choice, but if you want to have the best chances possible, you have to do more exercise. Go out and explore your home and try see if you can find the Pokémon cards hiding all over the place, do your exercises so you can flip your poke coin, and see if you are able to catch all 15 Pokémons. Assignment: explain in your own words: How does your heart work during rest and how does it work during exercises? So: how did this Pokémon hunt game helped you grow your heart stronger? Take a picture while you find a Pokémon and insert that picture to your answer sheet. (selfie with your Pokémon, or a picture while you are doing one of the exercises ….Upload the assignment in your own map at MS Teams again. Deadline is Friday 3rd of April, 17.00 o’clock. ☺ Good luck! |  |  |
| **Field set-up:** |
| **Link to support/assessment document; credits go to** [**www.thephysicaleducator.com**](http://www.thephysicaleducator.com) |

**Additional pages if necessary:**

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