



# Pokemon Panic



Alert Music

<https://www.youtube.com/watch?v=2SeGoR8ZzUY>

ALERT

Greninja



**Bouncing on a gym ball/ trampet blocking missiles coming towards you**

- Gym Ball or trampet- encourage student to bounce/ jump up and down
- Once jumping/ bouncing throw softballs/ bean bags towards them- encourage the student to 'bat' them away using their hands.

ALERT






Lucario





**Run Lucario run!**

- Every time you hear Exploud -freeze
- Students to run around the room, every time they hear the whistle blow- they freeze and hold a Pokemon shape



<b>ALERT</b>	<p><b>Mimikyu</b></p> 	<p><b>Mimikyu is floating in the air- can you keep Mimikyu up in the air and off the floor?</b></p> <ul style="list-style-type: none"><li>- Using a white balloon - draw a ghost face on the balloon. Encourage the student to use a bat/ racket to hit the balloon up in the air and keep it off of the floor.</li><li>- <i>To extend</i> - hold the bat in one hand and have the other hand behind their back.</li></ul>
<b>ORGANISE</b>	<p><b>Pikachu</b></p> 	<p><b>Pikachu jump and collect</b></p> <ul style="list-style-type: none"><li>- Lay 10 hoops out in a row, ask Students to jump into the hoops (2 feet at the same time) picking up Pokemon coins as you go</li><li>- <i>To extend</i> - place the hoops in a staggered position</li></ul> 
<b>ORGANISE</b>	<p><b>Charizard</b></p> 	<p><b>Charizard fire balls</b></p> <ul style="list-style-type: none"><li>- Set up skittles, encourage students to roll red balls to knock them over, run and stand up the skittles and repeat.</li><li>- <i>To extend</i> - make the balls smaller/ on knee to roll</li></ul>
<b>ORGANISE</b>	<p><b>Garchomp</b></p> 	<p><b>Fly Garchomp fly!</b></p> <ul style="list-style-type: none"><li>- Ask students to walk along a balance beam with arms outstretched like Garchomp's wings.</li><li>- At the end of the beam - encourage students to jump off and 'fly'</li><li>- <i>To extend</i> place a marker on the floor using tape and encourage the students to jump further</li></ul>

<b>CALM</b>	<p><b>Sylveon</b></p> 	<p><b>Ribbon swirl to music</b></p> <ul style="list-style-type: none"><li>- Play gentle calming music, encourage students to take lengths of ribbon/ crepe paper and twirl in time to the music</li><li>- Lay down on a mat, an adult to fan air gently over the student</li><li>- Cover up with a blanket</li></ul>
<b>CALM</b>		<p><b>Calming Pokemon Music</b> <a href="https://www.youtube.com/watch?v=-BKfhq_TtcE">https://www.youtube.com/watch?v=-BKfhq_TtcE</a></p> <p>Deep pressure - ask the student to lay on their tummy, roll a large ball up and down their back</p> <p>Deep breathing</p>



If you would like training or support with Fine and Gross Motor skills  
Please contact [seatss@redbridge.gov.uk](mailto:seatss@redbridge.gov.uk)

