

## Objective

By the end of this lesson, the student will improve their physical fitness through fun activities inspired by the Legend of Zelda, while also developing teamwork, coordination, and problem-solving skills.

## Materials and Prep

- No special materials are needed, just a safe outdoor or indoor space to move around.
- Know the basic characters and elements from the Legend of Zelda to make the activities more engaging.

## Activities

### • Hero's Quest Obstacle Course

Set up an obstacle course that represents different challenges Link faces in the game. Use furniture, pillows, and other safe items to create hurdles, tunnels, and balance beams. The student will navigate through the course, pretending to be Link on a quest to save Princess Zelda!

### • Treasure Hunt

Hide small objects around the play area and create a map or give clues to find them. Each object represents a treasure from the game. The student will run around searching for treasures, improving their agility and problem-solving skills.

### • Ganon's Dodgeball

Play a game of dodgeball where one person is Ganon (the giant villain) and the others are trying to dodge the balls he throws. This activity promotes agility and quick thinking while having fun pretending to battle Ganon!

### • Link's Shield Training

Using a pillow as a shield, the student will practice defensive moves. They can pretend to block attacks from imaginary enemies or practice moving around while holding the shield. This helps with coordination and strength!

## Talking Points

- "Did you know that Link goes on many adventures? Just like him, we can go on our own adventure with these activities!"
- "When you run through the obstacle course, think about how Link has to be quick and smart to get past challenges!"
- "Finding treasures is exciting! How does it feel to discover something hidden? What might you find in the game?"
- "In dodgeball, you have to be quick, just like Link when he dodges enemies! Can you dodge just like him?"
- "Using the pillow as a shield helps us understand how Link protects himself! What other ways can we protect ourselves in games?"
- "Teamwork is important! How do you think Link works with other characters in the game? Can we work together during our activities?"
- "Remember, it's all about having fun! What was your favorite part of our adventure today?"