

Mastering Your Spirit: Training to be a Z-Fighter

Lesson Overview

In this lesson, Keatyn will step into the world of *Dragon Ball* to discover what it truly takes to be a hero. We will explore the "Hero's Heart" (character traits), practice "Power Level Math" (addition and subtraction), and design a custom "Special Move" through creative writing and physical movement.

Materials Needed

- Paper and colored markers/crayons
- A small ball or beanbag (to represent a "Ki Blast")
- The "Power Level Worksheet" (or a blank piece of paper)
- A timer or stopwatch
- Plenty of space to move around

Learning Objectives

By the end of this lesson, Keatyn will be able to:

- Identify three character traits of a hero (like Goku).
- Solve "Power Level" addition and subtraction problems within 20.
- Create and describe an original "Super Move" using descriptive action words.

1. Introduction: The Call to Train (The Hook)

Talking Points: "Attention, Keatyn! King Kai has sent a message. Earth needs more protectors, and he thinks you have the potential of a Super Saiyan! But being a Z-Fighter isn't just about being strong; it's about having a strong mind and a kind heart. Are you ready to begin your training?"

Objective: Introduce the idea that heroes are made through practice and character, not just muscles.

2. Body: The Three Trials of a Warrior

Trial 1: The Hero's Heart (I Do)

Instruction: The teacher explains that Goku is strong because he protects his friends and never gives up.

Talking Points: "When Goku fights, he isn't being a bully. He is being **Determined** (he keeps trying), **Kind** (he helps others), and **Brave** (he faces his fears). Which of those do you think is the most important for a hero?"

Activity: Draw a heart on a piece of paper. Inside the heart, write or draw one time Keatyn was "Determined" or "Kind" this week.

Trial 2: Power Level Calculation (We Do)

Instruction: We are going to practice "charging up" using math.

Talking Points: "To launch a Kamehameha, you need to calculate your Ki! If you have 10 points of energy and you find a Senzu Bean that gives you 5 more, how much power do you have now? Let's work together to solve these 'Scouter Riddles'!"

Practice Problems:

- Goku starts with 12 Power Points. He uses 4 to fly. How many are left? ($12 - 4 = ?$)
- Vegeta has 8 points and Krillin has 7 points. If they team up, what is their total power? ($8 + 7 = ?$)

Trial 3: The Signature Move (You Do)

Instruction: Every Z-Fighter has a special move. Now it is Keatyn's turn to invent one!

Activity:

1. **Name it:** Give the move a cool name (e.g., "Thunder Dragon Strike").
2. **Describe it:** What color is it? Does it make a sound? (e.g., "It's bright blue and sounds like a crackling fire").
3. **Perform it:** Using the beanbag or ball, Keatyn demonstrates the "stance" and the "release" of the move in a safe space.

3. Conclusion: The Final Recap

Summary: "You've done it! You've trained your heart, your brain, and your body. Today we learned that heroes are kind, we used math to track our power, and we created a brand-new move to protect the world."

Reflection: Ask Keatyn: "What was the hardest part of training today? What part made you feel the most like a Super Saiyan?"

The "Power Up" Celebration: Have a 10-second "Power Up" session where Keatyn does his best Super Saiyan shout (within a reasonable volume!) to celebrate finishing the lesson.

Assessment (How do we know he learned it?)

- **Formative:** Can Keatyn correctly identify "Determined" or "Kind" as hero traits during the discussion?
- **Math Check:** Did Keatyn solve the addition/subtraction problems correctly (with or without help)?
- **Summative:** The completion of the "Signature Move" drawing and physical demonstration.

Success Criteria

- Keatyn can name one trait of a hero.
- Keatyn can solve at least 3 math problems related to "Power Levels."
- Keatyn can explain his new special move using at least two descriptive words (colors, sounds, or shapes).

Differentiation & Adaptability

- **For more challenge:** Increase the math problems to include double-digits (e.g., $25 + 15$) or introduce "Multiplication Ki" (Groups of 2s or 5s).
- **For a more active learner:** For every math problem answered correctly, Keatyn gets to do 5 "Jumping Jack Training Reps."
- **For a digital context:** Use a drawing app or a whiteboard tool to design the Super Move digitally.