

## Stompers in PE

| PreK   | K  |
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| <ul style="list-style-type: none"> <li>Stomp N Catch (modified) pg. 9</li> <li>Stomp N Shoot (modified) pg. 8</li> </ul>                         | <ul style="list-style-type: none"> <li>Stomp N Shoot pg. 8</li> <li>Stomper Bowling pg. 38</li> <li>Stomp N Pass pg. 39</li> </ul>             |
| 1 <sup>st</sup>  | 2 <sup>nd</sup>  |
| <ul style="list-style-type: none"> <li>Stomp N Shoot pg. 8</li> <li>Stomper Bowling pg. 38</li> <li>Stomp N Pass pg. 39</li> </ul>               | <ul style="list-style-type: none"> <li>Stomp and Catch pg. 9</li> <li>2 Base Stomper Ball pg. 4</li> <li>Rapid Fire pg. 17</li> </ul>          |
| 3 <sup>rd</sup>  | 4 <sup>th</sup>  |
| <ul style="list-style-type: none"> <li>Stomp N Catch pg. 9</li> <li>Dueling Stompers pg. 10</li> <li>Stomper Secret Color Dash pg. 15</li> </ul> | <ul style="list-style-type: none"> <li>Dueling Stompers pg. 10</li> <li>Stomper Secret Color Dash pg. 15</li> <li>Stomper 500 pg. 6</li> </ul> |
| 5 <sup>th</sup>  | Wrap-up  |
| <ul style="list-style-type: none"> <li>Dueling Stompers pg. 10</li> <li>Space Invasion pg. 19</li> <li>Stomper High Score Dash pg. 14</li> </ul> | <ul style="list-style-type: none"> <li>The Unbelievable Shot! pg. 43</li> </ul>  |

Refer to “The Stompers Lesson Book” by TaggTime for full descriptions listed above.



**TULSA HEALTH**  
Department  
School Health Program

## **Stompers in PE**

**Grades:** PreK – 5<sup>th</sup> (3<sup>rd</sup> – 5<sup>th</sup> in red)

### **Oklahoma Academic Standards for Physical Education**

1. Manipulatives (S1.E14, S1.E.15)
2. Movement Concepts (S2.E3)
3. Engages in Physical Activity (S3.E2)

### **Oklahoma Academic Standards for Health Education**

1. Identify the recommended amount of physical activity for children. (1.PA.2.1)
2. Describe a variety of ways to be physically active. (1.PA.2.2)
3. Identify ways to increase daily physical activity. (1.PA.5.1)
4. Describe the importance of choosing a variety of ways to be physically active. (1.PA.5.2)

### **Health Behavior Outcomes**

Engage in moderate to vigorous physical activity for at least 60 minutes every day. (PA-1)

### **Objectives**

By the end of this lesson students will be able to:

1. Identify the recommended amount of physical activity for children.
2. Demonstrate ways to incorporate physical activity into daily life.
3. Catch various sizes of balls or objects that are self-tossed or tossed by a skilled thrower.
4. Combine movement concepts (direction, levels, force, time) with skills directed by the instructor.
5. Actively participate and engage in physical education class in response to instruction and practice.

### **Introduction**

Hello, my name is (insert here)! I work for the Tulsa Health Department School Health Program, and I am a health teacher.

### **Health Definition**

Our definition of health is:

- Health is when my body feels good, my brain feels good, and I feel safe to learn, grow and play.



## Physical Education

- Being active is good for your body and your mind! It helps your heart and lungs stay strong, makes your bones and muscles grow, and can even help you feel less worried or sad. When we learn how to stay active, we're learning how to take care of ourselves and stay healthy for life!
- Today, we're going to have fun moving and working as a team! We'll use different kinds of force to launch balls through the Stomper and try to hit different targets. You'll also get the chance to catch balls of different sizes. Let's work together, stay safe, and have a great time learning and playing.

## Ask & Discuss

- How many minutes of **physical activity**, or exercise, should children get every day?
  - 60 minutes of physical activity is the recommended amount of physical activity for children to get every day.
- What are different ways to be physically active?
  - Playing at the park, jumping on the trampoline, swimming, riding bikes, walking a dog.
- What are the **benefits** of being physically active?
  - Improves and strengthens the heart, lungs, brain, muscles & bones.
- Why is it important to choose a **variety** of ways to be physically active?
  - Different activities help to improve different parts of the body. For example, running is good for cardiovascular health. Lifting weights is good for muscular strength and endurance. Stretching improves flexibility.

## Summary

- Children should get 60 minutes of physical activity each day through fun activities like playing at the park, swimming, riding bikes, or walking a dog. Being active in a variety of ways benefits the heart, lungs, brain, muscles, and bones while improving different aspects of health such as cardiovascular fitness, strength, and flexibility.

## References

"Awesome Resources for Physical Education Teachers." *The PE Specialist*, 7 Apr. 2024, [www.thepespecialist.com/](http://www.thepespecialist.com/).

Taggart, Tim, and Dan Green. *The Stomper Lesson Book*. Tagg Time LLC.



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