Walk, Listen, and Learn with

THE walking classroom®
walk. listen. learn.
Objectives

By the end of this presentation you should understand how The Walking Classroom:

✓ increases physical activity without sacrificing instructional time
✓ increases students’ health literacy
✓ aligns with the state standards
✓ incorporates character values into the lesson
✓ engages diverse learning styles

AND you will
✓ experience the program firsthand! 😊
The Issues
Kids are moving less...

- Only five states require physical education in every grade.
- Only 20% of school districts require daily recess.
- Two out of three kids today are inactive.

when they should be moving more!

Studies show active kids:

- Perform better academically
- Have better attendance
- Demonstrate improved behavior
Composite of 20 student brains taking the same test

After sitting quietly

After 20-minute walk

Research/scan compliments of Dr. Chuck Hillman, University of Illinois
A solution:

Walk.

Listen.

Learn.
Benefits of The Walking Classroom

- Used during class and in after-school programs throughout the school year
- Increases physical activity
- Builds core content knowledge
- Improves health literacy
- Encourages thoughtful discussion of character values
The Walkumentary
Closing the Achievement Gap

- Students who grow up in poverty often have the lowest academic achievement.
- Kids can listen and understand two to three grade levels higher than their reading level.
- Physical activity increases cognitive function.
- Struggling students can feel successful as learners and motivated in school.

Teachers LOVE their students and want the best for them.
What do teachers get?

✓ Free Online Training

✓ Teacher’s Guide is available with a lesson plan for each podcast including:
  ─ A synopsis of the podcast
  ─ State standards met
  ─ Review of key vocabulary
  ─ Discussion questions & answers
  ─ Comprehension quiz

✓ Video clips, PowerPoint decks, Digital quizzes, monthly Adopter Newsletter
So, how about a walk!?
The WalkKit

- **Current podcast number**
- **Total number of podcasts**
- **Battery door**: Make sure the battery door is fully secured and flush with the WalkKit.
- **Power / LOCK**: LOCK the keypad after the podcast starts by quickly pressing the orange button once. This will prevent the podcast from skipping or stopping while walking.
- **5 narration speeds**
- **Time left on podcast**
- **Reverse to previous podcast**
- **Rewind within a podcast**
- **Forward to next podcast**
- **Fast forward within a podcast**
- **Play / Pause**
- **Lock symbol**
The Podcast

Health Message  Main Content  Summary
1-2 mins  15-16 mins  1-2 mins
(3) Idioms

It is a piece of cake.
Objectives (3)
Idioms

✓ Students will:

— Analyze common idioms of the English language and learn their history
— Interpret idiomatic expressions from other languages
— Consider the importance of showing respect to others who may be learning a new language
Let’s give it a try!

✓ Cue up the podcast on Idioms.
   - Program 5, # 3

✓ Find yourself a walking buddy.

✓ Be sure the earbud jack is pushed in all the way.

✓ Once you are out the door, press **PLAY**. (Press orange power button to lock your device!)

✓ **Walk, listen, and learn!**

✓ See you back here in about **15 minutes**!
Recap (3) Idioms

✓ An idiom is a group of words whose literal meaning is different than the actual meaning of the expression.

✓ The origins of many idioms can be traced to an event or custom, but the origin of many idioms is unknown.

✓ Most languages have their own idioms, and an unfamiliarity with the language can lead to misunderstandings of intended meanings.
Resources and Support
Resources

ARE YOU A WALKING CLASSROOM ADOPTER?

Log into your account to access tons of great supplemental resources. (If you're already logged in, click the link below.)

› Access TWC Adopter Resources

WALKING CLASSROOM ADOPTER RESOURCES
TEACHER LOGIN

Username

Password

Remember Me

LOGIN

Forgot Password?
Join Us

Adopter Resources

Welcome to The Walking Classroom's Adopter Resources! We’ve pulled together some supplemental resources to help you implement the program. Here you will find:

- Supplemental Slide Decks for each of the three programs
- Electronic Quizzes for each Podcast
- View Supplemental Videos for each Podcast
Getting the program
How do we get The Walking Classroom

✓ Title 1 or Title 4 funding
✓ Public School Foundations
✓ Investigate crowd funding options!
  ⏤ Donorschoose.org
  ⏤ Classwish.org
  ⏤ Adoptaclassroom.org
  ⏤ Fundmyclassroom.org
  ⏤ Gofundme.org
Supporting ALL Learners

Learning while walking differentiates instruction

Less-successful students feel confident to participate in discussion

Auditory and kinesthetic learning styles

Students with behavior problems or high energy levels feel more settled

Physical activity benefits ALL

Non-traditional learners have equal access to high-level content

Increase health literacy

Exercise more regularly

Increase energy and stamina
...and We Are Here for You!

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