



THE walking classroom

4th Grade Podcasts & The Common Core Standards

Health Literacy Messages

#	Podcast Title	Common Core Standards
1	Welcome to The Walking Classroom <i>Safe walking</i>	NA
2	Hello from Room 33 <i>Respect the privilege of TWC participation</i>	NA
3	Introduction to TWC <i>Empty calories vs. healthy calories</i>	NA
4	Human Body's Slimy Shields <i>Hydration</i>	RI.4.2, SL.4.1, SL.4.4
5	Skin <i>Sunscreen</i>	RI.4.2, RL.4.5, SL.4.1.c
6	Heart & Circulatory System <i>Importance of minerals in food</i>	RI.4.2, RL.4.5, SL.4.1.c
7	Idioms <i>Exercise and its effect on mood</i>	RI.4.1, L.4.4.a, SL.4.1
8	Interjections <i>Exercise helps people think clearly</i>	L.4.3, L.4.5.c
9	Rhyme Scheme, Meter & Verse <i>Talking with adults about problems</i>	RL.4.1, R.L.4.5, SL.4.1
10	Adverbs of Manner <i>Paying attention while exercising</i>	R.I.4.1, L.4.3, L.4.5
11	Simile and Metaphor <i>Talking about feelings</i>	L.4.4.a, L.4.5, L.4.5.a
12	President Barack Obama <i>Dangers of smoking and tobacco</i>	SL.4.1.c, RI.4.2, RL.4.5
13	Dr. Charles Drew <i>Dangers of music that is too loud</i>	SL.4.1.c, RI.4.2, RL.4.5
14	Clara Barton <i>Vitamin C</i>	SL.4.1.c, RI.4.2, RL.4.5
15	Dr. Elizabeth Blackwell <i>Preventing the spread of germs</i>	RL.4.1, RI.4.2, RL.4.5
16	Langston Hughes <i>Vitamins and minerals your body needs</i>	SL.4.1.c, RI.4.2, L.4.5
17	Maya Angelou <i>Importance of protective gear in sports</i>	SL.4.1.c, RI.4.2, RL.4.5
18	The Mayo Family & Mayo Clinic <i>Walking increases energy levels</i>	SL.4.1.c, RI.4.2, RL.4.5
19	Dr. Daniel Hale Williams <i>Work your brain to make it stronger</i>	SL.4.1.c, RI.4.2, RL.4.5
20	Dr. Christiaan Barnard <i>Exercise and a healthy heart</i>	SL.4.1.c, RI.4.2, RL.4.5
21	Learning in Context <i>Pushing yourself too hard while exercising</i>	RI.4.1, RL.4.4, RF.4.4

22	Setting and Symbolism <i>Alcohol Abuse</i>	RL.4.1, RL.4.3, SL.4.1
23	Robert Frost <i>Importance of being in nature</i>	RI.4.2, RL.4.5, L.4.5
24	Carl Sandburg <i>Personal space</i>	RL.4.5, RI.4.1, L.4.5
25	Gabriel Fahrenheit <i>Exercising in cold weather</i>	SL.4.1.c, RI.4.2, RL.4.5
26	William Morris Davis <i>Diabetes</i>	SL.4.1.c, RI.4.3, RL.4.5
27	John Dalton <i>Importance of protein in your diet</i>	SL.4.1.c, RI.4.2, RI.4.3
28	Hurricanes <i>Healthy calories</i>	SL.4.1, SL.4.4, RI.4.2
29	Physical vs. Political Maps <i>Personal space</i>	SL.4.1, SL.4.4, RI.4.2
30	Precipitation and the Water Cycle <i>Exercising in cold weather</i>	SL.4.1.c, RI.4.2, RI.4.3
31	Tornadoes <i>Cardiovascular fitness</i>	SL.4.1, SL.4.4, RI.4.2
32	Prepositions <i>Importance of a healthy breakfast</i>	L.4.3, L.4.5, L.4.5.c
33	Homonyms and Homophones <i>Developing healthy habits while young</i>	SL.4.1, L.4.5
34	Summary Writing <i>Injuries and recovery time</i>	RL.4.2, RI.4.2, SL.4.1
35	Superheroes & Villain of Writing <i>Positive body image</i>	RI.4.1, L.4.4, SL.4.1
36	Word Choice <i>Cardiovascular exercise</i>	L.4.4.a, L.4.5, L.4.5.c
37	Heroic Dogs and Horses <i>Recognizing one's strengths & weaknesses</i>	SL.4.1.c, RI.4.2, RI.4.3
38	Emily Dickinson <i>Different types of calories</i>	SL.4.1.c, RI.4.2, L.4.5
39	Jack Prelutsky <i>Benefits of regular exercise</i>	RI.4.2, RL.4.5, L.4.5
40	Ogden Nash <i>Fresh food vs. preservatives</i>	RI.4.2, RL.4.5, L.4.5
41	Animal Classification <i>Importance of a balanced diet</i>	SL.4.1, SL.4.4, RI.4.2
42	Food Chains <i>Vitamins</i>	SL.4.1, SL.4.4, RI.4.2
43	Adjusting Your Writing <i>Exercise brings oxygen to muscles & organs</i>	SL.4.1, SL.4.1.d, L.4.5
44	First Person vs. Third Person <i>Bullying</i>	RL.4.3, RL.4.6, SL.4.1
45	Types of Conflict in Writing <i>Exercise boosts mood</i>	SL.4.1, RI.4.5

46	Firsthand vs. Secondhand Accounts <i>Persuasive advertising</i>	RI.4.1, RI.4.6, SL.4.3
47	Benjamin Franklin <i>Importance of exercise as people get older</i>	W.4.1, L.4.4
48	Samuel Adams <i>Alcohol abuse</i>	RL.4.1, RI.4.2, RL.4.5
49	Patrick Henry <i>Smoking & the dangers of nicotine</i>	RL.4.1, RI.4.2, RL.4.5
50	Paul Revere <i>Walking provides extra oxygen to the brain</i>	RL.4.1, RI.4.2, RL.4.5
51	Thomas Paine and “Common Sense” <i>Confidence in expressing your opinion</i>	RL.4.1, RI.4.2, RL.4.5
52	The Intolerable Acts <i>Talking about your feelings when stressed</i>	SL.4.1.c, RI.4.2, RL.4.5
53	The Boston Tea Party <i>Hormonal changes as your body changes</i>	SL.4.1.c, RI.4.2, RL.4.5
54	The Boston Massacre <i>Peer pressure</i>	SL.4.1.c, RI.4.2, RL.4.5
55	Crispus Attucks <i>Benefits of regular exercise</i>	RL.4.1, RI.4.2, RL.4.5
56	Deborah Sampson <i>Injury treatment</i>	SL.4.1.c, RI.4.2, RL.4.5
57	“Yankee Doodle” <i>Importance of a balanced diet</i>	SL.4.1.c, RI.4.2, L.4.5
58	U.S. Preamble and Constitution <i>Essential needs</i>	L.4.4, RI.4.2, RL.4.5
59	Checks and Balances <i>Exercise, endorphins and mood</i>	SL.4.1.c, RI.4.2, RI.4.3
60	The 14th Amendment <i>Bullying</i>	SL.4.1.c, RI.4.2, RL.4.5
61	Susan B. Anthony <i>Treating people fairly and with respect</i>	SL.4.1.c, RI.4.2, L.4.5
62	Ralph Waldo Emerson <i>Teacher and student relationships</i>	SL.4.1.c, RI.4.2, RL.4.5
63	John Henry <i>The many ways we can get exercise</i>	RL.4.1, RI.4.2, RL.4.5
64	Dr. Martin Luther King Jr. <i>Learning new things increases brain power</i>	SL.4.1.c, RI.4.2, RL.4.5
65	Rosa Parks <i>Television ads</i>	SL.4.1, SL.4.1.c, RI.4.2
66	Myths, Legends and Lore <i>Dangers of smoking</i>	SL.4.1.d, RI.4.1, RL.4.9
67	Native American Constellations <i>Dangers of walking while distracted</i>	SL.4.1.d, RI.4.1, RL.4.9
68	Greek Constellations <i>Heredity and genes</i>	SL.4.1.d, RI.4.1, RL.4.9
69	The Maya <i>Exercise and maintaining a healthy weight</i>	SL.4.1, RI.4.2, RL.4.5

70	The Aztec <i>Vitamin B</i>	SL.4.1, RI.4.2, RL.4.5
71	The Inca <i>Sources of protein</i>	SL.4.1, RI.4.2, RL.4.5
72	Native American Mound Builders <i>Importance of a balanced diet</i>	RI.4.2, RI.4.3, RI.4.5
73	Hot Springs and Geysers <i>Toxins</i>	SL.4.1, SL.4.4, RI.4.2
74	Layers of the Earth <i>Importance of a balanced diet</i>	SL.4.1, SL.4.4, RI.4.2
75	Rocks of the Earth's Crust <i>Hydration</i>	SL.4.1, SL.4.4, RI.4.2
76	Volcanoes <i>Importance of fresh fruits and vegetables</i>	SL.4.1, SL.4.4, RI.4.2
77	Mountains <i>Individual talents</i>	SL.4.1, SL.4.4, RI.4.2
78	Sun, Stars, and Galaxies <i>Practicing good hygiene</i>	SL.4.1, SL.4.4, RI.4.2
79	Superheroes and their Contributions to Society <i>Pay attention while walking</i>	SL.4.1.c, RI.4.2, RL.4.5
80	Legendary and Everyday Heroes <i>Importance of daily exercise</i>	SL.4.1.d, RL.4.4, RL.4.9
81	Knights of the Middle Ages <i>Iron in our diet</i>	SL.4.1.c, RI.4.2, RL.4.5
82	Women and Girls in the Middle Ages <i>Education and quality of life</i>	SL.4.1.c, RI.4.2, RL.4.5
83	Castles of the Middle Ages <i>Exercise keeps people focused & alert</i>	SL.4.1.c, RI.4.2, RL.4.5
84	Feudalism <i>Role models</i>	SL.4.1, SL.4.4, RI.4.2
85	Joan of Arc <i>Bullies</i>	SL.4.1.c, RI.4.2, RL.4.5
86	George Washington <i>The process of making important decisions</i>	SL.4.1.c, RI.4.3, RL.4.5
87	Booker T. Washington <i>Role models</i>	RL.4.1, RI.4.2, RL.4.5
88	Chief Joseph <i>Resting heart rate</i>	SL.4.1.c, RI.4.2, RI.4.3
89	Henry Ford <i>The importance of respect</i>	SL.4.1.c, RI.4.2, RI.4.3
90	Bob Alerdink, Lab Coordinator	Careers in Science
91	Liz Baird, Director of Education	Careers in Science
92	Dr. Colin Brammer, Entomologist	Careers in Science
93	Dr. Paul Brinkman, Paleontologist	Careers in Science

94	Dr. Jason Cryan, Entomologist	Careers in Science
95	Dr. Dan Dombrowski, Veterinarian	Careers in Science
96	Chris Goforth, Citizen Science	Careers in Science
97	Ben Hess, Collections Manager	Careers in Science
98	Dr. Julie Horvath, Evolutionary Genomocist	Careers in Science
99	Dr. Roland Kays Zoologist	Careers in Science
100	Dr. Emlyn Koster, Geologist	Careers in Science
101	Dr. Stephanie Schuttler, Mammologist	Careers in Science
102	Dr. Julia Stevens, Microbial Ecologist	Careers in Science
103	Dr. Chris Tacker, Geologist	Careers in Science
104	Dr. Patrick Treuthardt, Physicist	Careers in Science
105	Dr. Julie Urban, Evolutionary Biologist	Careers in Science