



5th Grade Podcasts & The Common Core Standards

Health Literacy Message

#	Podcast Title	Common Core Standards
1	Welcome to The Walking Classroom <i>Safe Walking</i>	NA
2	Introduction <i>Calories</i>	NA
3	Idioms <i>Exercise and moods</i>	RI.5.1, L.5.5, SL.5.1
4	Negro Baseball League <i>Strains and sprains</i>	SL.5.1, RI.5.1
5	“Casey at the Bat” <i>Teamwork</i>	RL.5.2, RL.5.5
6	“Take Me Out to the Ballgame” <i>Dangers of junk food</i>	SL.5.1, RI.5.3
7	Conservation <i>Environment and fitness</i>	SL.5.1, RI.5.4
8	Rachel Carson <i>Intro to aerobic exercise and cardio fitness</i>	SL.5.1, SL.5.1.d
9	Inez Fung <i>Oxygen, learning and the brain</i>	SL.5.1, SL.5.1.d
10	“The Echoing Green” <i>Our bodies were made to move</i>	RL.5.2, L.5.5
11	Meteorology <i>Weather and health</i>	SL.5.1, SL.5.1.d
12	John Muir <i>Nature and health</i>	SL.5.1, SL.5.1.d
13	Shakespeare <i>Exercise and concentration</i>	L.5.5, SL.5.1
14	Oxford English Dictionary <i>Healthy snacks</i>	RI.5.4, L.5.5
15	Louis Braille <i>Healthy teeth and gums</i>	RL.5.2, RI.5.1, SL.5.1.a
16	Thomas Edison <i>Germs, fever, and the need for hygiene</i>	SL.5.1, SL.5.1.d, RI.5.3
17	Albert Einstein <i>How to turn screen time into exercise time</i>	SL.5.1, SL.5.1.d
18	Homonyms & Homophones <i>The benefits of walking with a friend</i>	SL.5.1, SL.5.1.d, L.5.5
19	“Who’s On First?” <i>Importance of walking & good posture</i>	SL.5.1, SL.5.1.d, RL.5.2
20	Interjections <i>Memory and exercise</i>	L.5.1, L.5.1.a
21	Prepositions <i>Importance of a smart breakfast</i>	SL.5.1, SL.5.1.d, L.5.5
22	Riddles from The Hobbit <i>General benefits of exercise</i>	SL.5.1, SL.5.1.d, L.5.5

23	Johannes Gutenberg <i>Importance of reading</i>	RI.5.2, SL.5.1, SL.5.1.d
24	Galileo Galilei <i>Obesity in America</i>	RI.5.2, RI.5.3
25	Renaissance Artists <i>Hydration</i>	SL.5.1, SL.5.1.d, RI.5.3
26	Leonardo daVinci <i>Importance of raising heart-rate</i>	SL.5.1, SL.5.1.d, RI.3
27	Madrigals <i>Exercise, muscles and mood</i>	RI.5.1, SL.5.1
28	Benjamin Banneker <i>Walking uses almost 1/3 of all our muscles</i>	SL.5.1, SL.5.1.d
29	George Washington Carver <i>Sleep and how to get enough</i>	SL.5.1, SL.5.1.d
30	Continental Divide <i>Value of exercise in improving your mood</i>	SL.5.1, SL.5.1.d
31	The Cumberland Gap <i>Junk food and energy</i>	SL.5.1, SL.5.1.d, RI.5.3
32	Davy Crockett <i>Bones and safe backpack practice</i>	SL.5.1, SL.5.1.d, RI.5.3
33	Daniel Boone <i>Exercising in nature</i>	SL.5.1, SL.5.1.d
34	Westward Expansion <i>Weight</i>	SL.5.1, SL.5.1.d, RL.5.3
35	Lewis & Clark & Sacagawea <i>Exercise and focus</i>	RL.5.1, SL.5.3
36	Tecumseh <i>Pulse and resting heart rate</i>	SL.5.1, SL.5.1.d, RL.5.3
37	Sequoyah <i>Obesity and walking</i>	RL.5.1, SL.5.3
38	The Santa Fe Trail <i>Exercise, endorphins and de-stressing</i>	SL.5.1, SL.5.1.d
39	The Erie Canal <i>Exercise before starting homework</i>	SL.5.1, SL.5.1.d RI.5.3
40	Trail of Tears <i>Oxygen and the brain</i>	RI.5.3, RI.5.6
41	Manifest Destiny <i>Benefits of walking enough; value a pedometer</i>	SL.5.1, SL.5.1.d, RI.5.3
42	“Civil Disobedience” <i>Physical activity requirements</i>	SL.5.1, RI.5.3
43	Gold Rush <i>Safe lifting</i>	SL.5.1, SL.5.1.d
44	The Pony Express <i>Studies reveal that exercise aids concentration</i>	RL.5.1, RI.5.3
45	Trickster Stories <i>Healthy breakfasts</i>	RL.5.2, RI.5.5
46	Mason Dixon Line <i>Emotional benefits of exercise</i>	RI.5.3, SL.5.4
47	Slave Life and Rebellions <i>Exercise and brain activity</i>	RI.5.2, RI.5.3, SL.5.1

48	The Underground Railroad <i>Exercise and thoughtful decisions</i>	RI.5.3, SL.5.3
49	Women of the Civil War <i>Portion size and energy levels</i>	SL.5.1, SL.5.1.d, RL.5.3
50	Harriet Tubman <i>Muscle tone</i>	SL.5.1, SL.5.1.d, RI.5.3
51	Sojourner Truth <i>Exercise, endorphins, stress and mood</i>	SL.5.1, SL.5.1.d, RI.5.3
52	Frederick Douglas <i>Make exercise a habit while you're young</i>	SL.5.1, SL.5.1.d, RI.5.3
53	Stanton & Anthony <i>Heart rate, pulse and blood flow</i>	SL.5.1, SL.5.1.d, RI.5.3
54	Abraham Lincoln <i>Benefits of elevating your heart rate</i>	SL.5.1, SL.5.1.d, RI.5.3
55	Civil War, Part 1 <i>Walking, the Sun, and vitamin D</i>	SL.5.1, SL.5.1.d, RL.5.3
56	Civil War, Part 2 <i>Awareness while exercising</i>	SL.5.1, SL.5.1.d, RL.5.3
57	Emancipation Proclamation <i>Exercise as a break</i>	SL.5.1, SL.5.1.d, RI.5.3
58	Gettysburg Part 1 <i>Walking can be an antidote to stress</i>	SL.5.1, SL.5.1.d, RI.5.3
59	Gettysburg Part 2 <i>Proteins</i>	SL.5.1, SL.5.1.d, RI.5.3
60	Assassination of Lincoln <i>Staying alert</i>	SL.5.1, SL.5.1.d
61	"O Captain! My Captain!" <i>Walking pace & heart rate, oxygen & circulation</i>	SL.5.1, SL.5.1.d, RL.5.2
62	Reconstruction <i>Understanding asthma</i>	RI.5.6, RI.5.3
63	Carpetbaggers & Scalawags <i>Oxygen and the brain, living longer</i>	RI.5.6, RI.5.3
64	"Star Spangled Banner" <i>The many ways we can get exercise</i>	SL.5.1, RI.5.3
65	Statue of Liberty <i>Walking improves mood, learning & attendance</i>	RL.5.2, RI.5.3, L.5.4
66	"I Hear America Singing" <i>Exercise and brain function</i>	SL.5.1, SL.5.1.d, RL.5.2
67	Alliteration of Personification <i>Walking's impact on the immune system</i>	SL.5.1, SL.5.1.d
68	Types of Conflict in Writing <i>Value of exercise breaks</i>	SL.5.1, SL.5.1.d, RL.5.5
69	Greek & Latin Roots and Affixes <i>Cardio exercise vs. weight lifting</i>	L.5.4.b, RI.5.4
70	Point of View in Writing <i>Hydration means water, not soda/sports drinks</i>	SL.5.1, SL.5.1.d
71	Parody <i>Benefits of exercising in a group</i>	SL.5.1, SL.5.1.d, L.5.5
72	Similes and Metaphors <i>Breakfast and test performance</i>	SL.5.1, SL.5.1.d, L.5.5

73	Deserts of the World <i>Preventing and recognizing heat exhaustion</i>	SL.5.1, RI.5.4
74	Geology <i>Exercise, concentration & reading comprehension</i>	SL.5.1, SL.5.1.d, RI.5.3
75	The Ocean Floor <i>Aerobic exercise and cardiovascular fitness</i>	SL.5.2, RI.5.3
76	Marine life <i>Exercise value of swimming</i>	SL.5.1, SL.5.1.d
77	Current and Tides <i>What vitamin D does for us</i>	SL.5.1, SL.5.1.d
78	Marco Polo <i>Benefits of sleep and a healthy breakfast</i>	SL.5.1, SL.5.1.d,
79	Christopher Columbus <i>Mixing up exercise routines</i>	SL.5.1, SL.5.1.d, RI.5.3
80	Pedro Alvarez Cabral <i>Good snacks and bad snacks</i>	SL.4.1.d, RL.4.4, RL.4.9
81	Vasco da Gama <i>Vitamin C and scurvy</i>	SL.5.1, SL.5.1.d, RI.5.3
82	Neil Armstrong <i>Mindful changes in eating behavior</i>	SL.5.1, SL.5.1.d, RI.5.3
83	Exploring with Alice <i>Weather-related inactivity</i>	SL.5.1, SL.5.1.d, RL.5.2
84	Rene Magritte <i>Servings of fruit and vegetables</i>	SL.5.1, SL.5.1.d
85	Salvador Dali <i>Watching your temper</i>	RI.5.3, RI.5.4, SL.5.1
86	The Stock Market Crash <i>Dealing with stinging insects</i>	RI.5.6, W.5.8
87	The Great Depression <i>Safe walking</i>	SL.5.1, RI.5.3
88	The Dust Bowl <i>Dust, pollution and your health</i>	SL.5.1, SL.5.1.d
89	FDR Part 1 <i>Endorphins</i>	RI.5.3, SL.5.1
90	FDR Part 2 <i>Taking care of injuries</i>	RI.5.8, SL.5.3
91	Eleanor Roosevelt <i>Stretching</i>	SL.5.1, RI.5.3
92	Turning a Hobby into a Career <i>Walking can help improve learning and grades</i>	SL.5.1, RI.5.9
93	Conducting Effective Interviews <i>Exercise helps us concentrate</i>	SL.5.1.a, SL.5.1.c, RI.5.9
94	How Taxes Work <i>Staying hydrated</i>	SL.5.1, SL.5.1.d
95	Money <i>Limit video games</i>	SL.5.1
96	Bob Alderink, Lab Coordinator	Careers in Science

97	Liz Baird, Director of Education	Careers in Science
98	Dr. Colin Brammer, Entomologist	Careers in Science
99	Dr. Paul Brinkman, Paleontologist	Careers in Science
100	Dr. Jason Cryan, Entomologist	Careers in Science
101	Dr. Dan Dombrowski, Veterinarian	Careers in Science
102	Chris Goforth, Citizen Science	Careers in Science
103	Ben Hess, Collections Manager	Careers in Science
104	Dr. Julie Horvath, Evolutionary Genomicist	Careers in Science
105	Dr. Roland Kays, Zoologist	Careers in Science
106	Dr. Emlyn Koster, Geologist	Careers in Science
107	Dr. Stephanie Schuttler, Mammologist	Careers in Science
108	Dr. Julia Stevens, Microbial Ecologist	Careers in Science
109	Dr. Chris Tacker, Geologist	Careers in Science
110	Dr. Patrick Treuthardt, Physicist	Careers in Science
111	Dr. Julie Urban, Evolutionary Biologist	Careers in Science