



Combined Program Podcasts & The Common Core Standards with Health Literacy Message

#	Podcast Title / Health Message	Common Core Standards
1	Welcome to The Walking Classroom <i>Safe Walking</i>	NA
2	Introduction to The Walking Classroom <i>Calories</i>	NA
3	Idioms <i>Exercise and moods</i>	RI.5.1, L.5.5, SL.5.1
4	Similes and Metaphors <i>Talking about feelings</i>	L.4.4.a, L.4.5, L.4.5.a
5	Alliteration and Personification <i>Walking's impact on the immune system</i>	SL.5.1, SL.5.1.d
6	Setting and Symbolism <i>Alcohol Abuse</i>	RL.4.1, RL.4.3, SL.4.1
7	Point of View <i>Hydration means water, not soda/sports drinks</i>	SL.5.1, SL.5.1.d
8	Types of Conflict <i>Value of exercise breaks</i>	SL.5.1, SL.5.1.d, RL.5.5
9	Rhyme Scheme, Meter and Verse <i>Talking with adults about problems</i>	RL.4.1, R.L.4.5, SL.4.1
10	Oxford English Dictionary <i>Healthy snacks</i>	RI.5.4, L.5.5
11	Learning in Context <i>Pushing yourself too hard while exercising</i>	RI.4.1, RL.4.4, RF.4.4
12	Homonyms and Homophones <i>The benefits of walking with a friend</i>	SL.5.1, SL.5.1.d, L.5.5
13	Greek & Latin Root Words <i>Cardio exercise vs. weight lifting</i>	L.5.4.b, RI.5.4
14	Adverbs of Manner <i>Paying attention while exercising</i>	R.I.4.1, L.4.3, L.4.5
15	Prepositions <i>Importance of a healthy breakfast</i>	L.4.3, L.4.5, L.4.5.c
16	Interjections <i>Exercise helps people think clearly</i>	L.4.3, L.4.5.c
17	Word Choice <i>Cardiovascular exercise</i>	L.4.4.a, L.4.5, L.4.5.c
18	Adjusting Your Writing <i>Exercise brings oxygen to muscles & organs</i>	SL.4.1, SL.4.1.d, L.4.5
19	First Person vs. Third Person <i>Bullying</i>	RL.4.3, RL.4.6, SL.4.1
20	Summary Writing <i>Injuries and recovery time</i>	RL.4.2, RI.4.2, SL.4.1
21	Firsthand vs. Secondhand Accounts <i>Persuasive advertising</i>	RI.4.1, RI.4.6, SL.4.3
22	Conducting Effective Interviews <i>Exercise helps us concentrate</i>	SL.5.1.a, SL.5.1.c, RI.5.9

23	Trickster Stories <i>Healthy breakfasts</i>	RL.5.2, RI.5.5
24	Riddles from <i>The Hobbit</i> <i>General benefits of exercise</i>	SL.5.1, SL.5.1.d, L.5.5
25	“The Echoing Green” <i>Our bodies were made to move</i>	RL.5.2, L.5.5
26	“I Hear America Singing” <i>Exercise and brain function</i>	SL.5.1, SL.5.1.d, RL.5.2
27	Ralph Waldo Emerson <i>Teacher and student relationships</i>	SL.4.1.c, RI.4.2, RL.4.5
28	Emily Dickinson <i>Different types of calories</i>	SL.4.1.c, RI.4.2, L.4.5
29	“Casey at the Bat” <i>Teamwork</i>	RL.5.2, RL.5.5
30	“Take Me Out to the Ballgame” <i>Dangers of junk food</i>	SL.5.1, RI.5.3
31	Rene Magritte <i>Servings of fruit and vegetables</i>	SL.5.1, SL.5.1.d
32	Salvador Dali <i>Watching your temper</i>	RI.5.3, RI.5.4, SL.5.1
33	Robert Frost <i>Importance of being in nature</i>	RI.4.2, RL.4.5, L.4.5
34	Langston Hughes <i>Vitamins and minerals your body needs</i>	SL.4.1.c, RI.4.2, L.4.5
35	Carl Sandburg <i>Personal space</i>	RL.4.5, RI.4.1, L.4.5
36	Ogden Nash <i>Fresh food vs. preservatives</i>	RI.4.2, RL.4.5, L.4.5
37	Maya Angelou <i>Importance of protective gear in sports</i>	SL.4.1.c, RI.4.2, RL.4.5
38	Jack Prelutsky <i>Benefits of regular exercise</i>	RI.4.2, RL.4.5, L.4.5
39	Myths, Legends and Lore <i>Dangers of smoking</i>	SL.4.1.d, RI.4.1, RL.4.9
40	“John Henry” <i>The many ways we can get exercise</i>	RL.4.1, RI.4.2, RL.4.5
41	Legendary and Everyday Heroes <i>Importance of daily exercise</i>	SL.4.1.d, RL.4.4, RL.4.9
42	Superheroes and Villains of Writing <i>Positive body image</i>	RI.4.1, L.4.4, SL.4.1
43	Importance of Superheroes in Society <i>Pay attention while walking</i>	SL.4.1.c, RI.4.2, RL.4.5
44	Heroic Dogs and Horses <i>Recognizing one’s strengths & weaknesses</i>	SL.4.1.c, RI.4.2, RI.4.3
45	William Shakespeare <i>Exercise and concentration</i>	L.5.5, SL.5.1
46	Feudalism <i>Role models</i>	SL.4.1, SL.4.4, RI.4.2
47	Castles of the Middle Ages <i>Exercise keeps people focused & alert</i>	SL.4.1.c, RI.4.2, RL.4.5
48	Knights of the Middle Ages <i>Iron in our diet</i>	SL.4.1.c, RI.4.2, RL.4.5
49	Women and Girls in the Middle Ages <i>Education and quality of life</i>	SL.4.1.c, RI.4.2, RL.4.5

50	Joan of Arc <i>Bullies</i>	SL.4.1.c, RI.4.2, RL.4.5
51	Johannes Gutenberg <i>Importance of reading</i>	RI.5.2, SL.5.1, SL.5.1.d
52	Renaissance Artists <i>Hydration</i>	SL.5.1, SL.5.1.d, RI.5.3
53	Marco Polo <i>Benefits of sleep and a healthy breakfast</i>	SL.5.1, SL.5.1.d,
54	Christopher Columbus <i>Mixing up exercise routines</i>	SL.5.1, SL.5.1.d, RI.5.3
55	Pedro Alvarez Cabral <i>Good snacks and bad snacks</i>	SL.4.1.d, RL.4.4, RL.4.9
56	Vasco da Gama <i>Vitamin C and scurvy</i>	SL.5.1, SL.5.1.d, RI.5.3
57	The Maya <i>Exercise and maintaining a healthy weight</i>	SL.4.1, RI.4.2, RL.4.5
58	The Aztec <i>Vitamin B</i>	SL.4.1, RI.4.2, RL.4.5
59	The Inca <i>Sources of protein</i>	SL.4.1, RI.4.2, RL.4.5
60	The Boston Massacre <i>Peer pressure</i>	SL.4.1.c, RI.4.2, RL.4.5
61	Crispus Attucks <i>Benefits of regular exercise</i>	RL.4.1, RI.4.2, RL.4.5
62	The Boston Tea Party <i>Hormonal changes as your body changes</i>	SL.4.1.c, RI.4.2, RL.4.5
63	The Intolerable Acts <i>Talking about your feelings when stressed</i>	SL.4.1.c, RI.4.2, RL.4.5
64	Thomas Paine and “Common Sense” <i>Confidence in expressing your opinion</i>	RL.4.1, RI.4.2, RL.4.5
65	Paul Revere <i>Walking provides extra oxygen to the brain</i>	RL.4.1, RI.4.2, RL.4.5
66	Patrick Henry <i>Smoking & the dangers of nicotine</i>	RL.4.1, RI.4.2, RL.4.5
67	Deborah Sampson <i>Injury treatment</i>	SL.4.1.c, RI.4.2, RL.4.5
68	“Yankee Doodle” <i>Importance of a balanced diet</i>	SL.4.1.c, RI.4.2, L.4.5
69	Benjamin Franklin <i>Importance of exercise as people get older</i>	W.4.1, L.4.4
70	Samuel Adams <i>Alcohol abuse</i>	RL.4.1, RI.4.2, RL.4.5
71	George Washington <i>The process of making important decisions</i>	SL.4.1.c, RI.4.3, RL.4.5
72	U.S. Preamble and Constitution <i>Essential needs</i>	L.4.4, RI.4.2, RL.4.5
73	Checks and Balances <i>Exercise, endorphins and mood</i>	SL.4.1.c, RI.4.2, RI.4.3
74	“Star-Spangled Banner” <i>The many ways we can get exercise</i>	SL.5.1, RI.5.3
75	Statue of Liberty <i>Walking improves mood, learning & attendance</i>	RL.5.2, RI.5.3, L.5.4
76	Slave Life and Rebellions <i>Exercise and brain activity</i>	RI.5.2, RI.5.3, SL.5.1

77	Mason Dixon Line <i>Emotional benefits of exercise</i>	RI.5.3, SL.5.4
78	The Underground Railroad <i>Exercise and thoughtful decisions</i>	RI.5.3, SL.5.3
79	Harriet Tubman <i>Muscle tone</i>	SL.5.1, SL.5.1.d, RI.5.3
80	Women of the Civil War <i>Portion size and energy levels</i>	SL.5.1, SL.5.1.d, RL.5.3
81	Sojourner Truth <i>Exercise, endorphins, stress and mood</i>	SL.5.1, SL.5.1.d, RI.5.3
82	Frederick Douglass <i>Make exercise a habit while you're young</i>	SL.5.1, SL.5.1.d, RI.5.3
83	Abraham Lincoln <i>Benefits of elevating your heart rate</i>	SL.5.1, SL.5.1.d, RI.5.3
84	Civil War Generals, Part 1 <i>Walking, the Sun, and vitamin D</i>	SL.5.1, SL.5.1.d, RL.5.3
85	Civil War Generals, Part 2 <i>Awareness while exercising</i>	SL.5.1, SL.5.1.d, RL.5.3
86	Emancipation Proclamation <i>Exercise as a break</i>	SL.5.1, SL.5.1.d, RI.5.3
87	Gettysburg, Part 1 <i>Walking can be an antidote to stress</i>	SL.5.1, SL.5.1.d, RI.5.3
88	Gettysburg, Part 2 <i>Proteins</i>	SL.5.1, SL.5.1.d, RI.5.3
89	Assassination of Lincoln <i>Staying alert</i>	SL.5.1, SL.5.1.d
90	"O Captain! My Captain!" <i>Walking pace & heart rate, oxygen & circulation</i>	SL.5.1, SL.5.1.d, RL.5.2
91	Reconstruction <i>Understanding asthma</i>	RI.5.6, RI.5.3
92	Carpetbaggers & Scalawags <i>Oxygen and the brain, living longer</i>	RI.5.6, RI.5.3
93	The 14th Amendment <i>Bullying</i>	SL.4.1.c, RI.4.2, RL.4.5
94	Clara Barton <i>Vitamin C</i>	SL.4.1.c, RI.4.2, RL.4.5
95	Stanton & Anthony <i>Heart rate, pulse and blood flow</i>	SL.5.1, SL.5.1.d, RI.5.3
96	Native American Mound Builders <i>Importance of a balanced diet</i>	RI.4.2, RI.4.3, RI.4.5
97	The Cumberland Gap <i>Junk food and energy</i>	SL.5.1, SL.5.1.d, RI.5.3
98	Davy Crockett <i>Bones and safe backpack practice</i>	SL.5.1, SL.5.1.d, RI.5.3
99	Westward Expansion <i>Weight</i>	SL.5.1, SL.5.1.d, RL.5.3
100	Lewis & Clark & Sacagawea <i>Exercise and focus</i>	RL.5.1, SL.5.3
101	Tecumseh <i>Pulse and resting heart rate</i>	SL.5.1, SL.5.1.d, RL.5.3
102	Sequoyah <i>Obesity and walking</i>	RL.5.1, SL.5.3
103	The Santa Fe Trail <i>Exercise, endorphins and de-stressing</i>	SL.5.1, SL.5.1.d

104	The Erie Canal <i>Exercise before starting homework</i>	SL.5.1, SL.5.1.d RI.5.3
105	Trail of Tears <i>Oxygen and the brain</i>	RI.5.3, RI.5.6
106	Manifest Destiny <i>Benefits of walking enough; value a pedometer</i>	SL.5.1, SL.5.1.d, RI.5.3
107	“Civil Disobedience” <i>Physical activity requirements</i>	SL.5.1, RI.5.3
108	Gold Rush <i>Safe lifting</i>	SL.5.1, SL.5.1.d
109	The Pony Express <i>Studies reveal that exercise aids concentration</i>	RL.5.1, RI.5.3
110	Chief Joseph <i>Resting heart rate</i>	SL.4.1.c, RI.4.2, RI.4.3
111	Booker T. Washington <i>Role models</i>	RL.4.1, RI.4.2, RL.4.5
112	Henry Ford <i>The importance of respect</i>	SL.4.1.c, RI.4.2, RI.4.3
113	How Taxes Work <i>Staying hydrated</i>	SL.5.1, SL.5.1.d
114	Money <i>Limit video games</i>	SL.5.1
115	The Stock Market Crash <i>Dealing with stinging insects</i>	RI.5.6, W.5.8
116	The Great Depression <i>Safe walking</i>	SL.5.1, RI.5.3
117	The Dust Bowl <i>Dust, pollution and your health</i>	SL.5.1, SL.5.1.d
118	Franklin Delano Roosevelt, Part 1 <i>Endorphins</i>	RI.5.3, SL.5.1
119	Franklin Delano Roosevelt, Part 2 <i>Taking care of injuries</i>	RI.5.8, SL.5.3
120	Eleanor Roosevelt <i>Stretching</i>	SL.5.1, RI.5.3
121	Negro Baseball League <i>Strains and sprains</i>	SL.5.1, RI.5.1
122	“Who’s on First?” <i>Importance of walking & good posture</i>	SL.5.1, SL.5.1.d, RL.5.2
123	Dr. Martin Luther King Jr. <i>Learning new things increases brain power</i>	SL.4.1.c, RI.4.2, RL.4.5
124	Rosa Parks <i>Television ads</i>	SL.4.1, SL.4.1.c, RI.4.2
125	Barack Obama <i>Dangers of smoking and tobacco</i>	SL.4.1.c, RI.4.2, RL.4.5
126	Skin <i>Sunscreen</i>	RI.4.2, RL.4.5, SL.4.1.c
127	Human Body’s Slimy Shields <i>Hydration</i>	RI.4.2, SL.4.1, SL.4.4
128	Heart and Circulatory System <i>Importance of minerals in food</i>	RI.4.2, RL.4.5, SL.4.1.c
129	Conservation <i>Environment and fitness</i>	SL.5.1, RI.5.4
130	Food Chains <i>Vitamins</i>	SL.4.1, SL.4.4, RI.4.2

131	Animal Classification <i>Importance of a balanced diet</i>	SL.4.1, SL.4.4, RI.4.2
132	Geology <i>Exercise, concentration & reading comprehension</i>	SL.5.1, SL.5.1.d, RI.5.3
133	Layers of the Earth <i>Importance of a balanced diet</i>	SL.4.1, SL.4.4, RI.4.2
134	Rocks of the Earth's Crust <i>Hydration</i>	SL.4.1, SL.4.4, RI.4.2
135	Continental Divide <i>Value of exercise in improving your mood</i>	SL.5.1, SL.5.1.d
136	Mountains <i>Individual talents</i>	SL.4.1, SL.4.4, RI.4.2
137	Hot Springs and Geysers <i>Toxins</i>	SL.4.1, SL.4.4, RI.4.2
138	Volcanoes <i>Importance of fresh fruits and vegetables</i>	SL.4.1, SL.4.4, RI.4.2
139	Deserts of the World <i>Preventing and recognizing heat exhaustion</i>	SL.5.1, RI.5.4
140	Physical vs. Political Maps <i>Personal space</i>	SL.4.1, SL.4.4, RI.4.2
141	Currents and Tides <i>What vitamin D does for us</i>	SL.5.1, SL.5.1.d
142	Marine Life <i>Exercise value of swimming</i>	SL.5.1, SL.5.1.d
143	The Ocean Floor <i>Aerobic exercise and cardiovascular fitness</i>	SL.5.2, RI.5.3
144	Sun, Stars, and Galaxies <i>Practicing good hygiene</i>	SL.4.1, SL.4.4, RI.4.2
145	Greek Constellations <i>Heredity and genes</i>	SL.4.1.d, RI.4.1, RL.4.9
146	Native American Constellations <i>Dangers of walking while distracted</i>	SL.4.1.d, RI.4.1, RL.4.9
147	Meteorology <i>Weather and health</i>	SL.5.1, SL.5.1.d
148	Water Cycle <i>Exercising in cold weather</i>	SL.4.1.c, RI.4.2, RI.4.3
149	Tornadoes <i>Cardiovascular fitness</i>	SL.4.1, SL.4.4, RI.4.2
150	Hurricanes <i>Healthy calories</i>	SL.4.1, SL.4.4, RI.4.2
151	Turning a Hobby into a Career <i>Walking can help improve learning and grades</i>	SL.5.1, RI.5.9
152	Neil Armstrong <i>Mindful changes in eating behavior</i>	SL.5.1, SL.5.1.d, RI.5.3
153	Benjamin Banneker <i>Walking uses almost 1/3 of all our muscles</i>	SL.5.1, SL.5.1.d
154	Dr. Christiaan Barnard <i>Exercise and a healthy heart</i>	SL.4.1.c, RI.4.2, RL.4.5
155	Dr. Elizabeth Blackwell <i>Preventing the spread of germs</i>	RL.4.1, RI.4.2, RL.4.5
156	Louis Braille <i>Healthy teeth and gums</i>	RL.5.2, RI.5.1, SL.5.1.a

157	Rachel Carson <i>Intro to aerobic exercise and cardio fitness</i>	SL.5.1, SL.5.1.d
158	George Washington Carver <i>Sleep and how to get enough</i>	SL.5.1, SL.5.1.d
159	John Dalton <i>Importance of protein in your diet</i>	SL.4.1.c, RI.4.2, RI.4.3
160	William Morris Davis <i>Diabetes</i>	SL.4.1.c, RI.4.3, RL.4.5
161	Dr. Charles Drew <i>Dangers of music that is too loud</i>	SL.4.1.c, RI.4.2, RL.4.5
162	Thomas Edison <i>Germs, fever, and the need for hygiene</i>	SL.5.1, SL.5.1.d, RI.5.3
163	Albert Einstein <i>How to turn screen time into exercise time</i>	SL.5.1, SL.5.1.d
164	Gabriel Fahrenheit <i>Exercising in cold weather</i>	SL.4.1.c, RI.4.2, RL.4.5
165	Galileo Galilei <i>Obesity in America</i>	RI.5.2, RI.5.3
166	John Muir <i>Nature and health</i>	SL.5.1, SL.5.1.d
167	Dr. Daniel Hale Williams <i>Work your brain to make it stronger</i>	SL.4.1.c, RI.4.2, RL.4.5