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Program Overview

The Walking Classroom is a nationally recognized, award-winning, and evidence-based educational program designed to incorporate academic content with exercise during the school day. Students simultaneously listen to Common Core Standards Met-aligned content through pre-loaded portable listening devices while briskly walking in or around school grounds with the teacher and/or approved chaperone for 20-30 minutes several times a week. The program enables students to enrich their knowledge base of curriculum content as well as build listening stamina and effectiveness over time. The Walking Classroom addresses different learning styles and improves students' physical fitness and readiness to learn. Students are active learners!

Program Rationale

Strong listening skills and listening stamina are imperative for success in today's classrooms and workplaces, as research estimates that 80% of what we know is acquired through listening. Additionally, student inactivity and obesity rates are at an all-time high (one out of every three children is considered overweight in the U.S.). Study after study also shows that increased physical activity is directly correlated to improved brain function and stronger academic performance. The Walking Classroom addresses all of these findings and provides teachers with an additional tool to reach diverse learning styles by combining listening and learning while walking.

Program Content and Implementation

The Walking Classroom kit contains a Teacher's Guide and portable listening devices (called "WalkKits") for all students, pre-loaded with entertaining and educational national-standards aligned podcasts focusing on STEM-related content. WalkKits are ready to go out of the box--teachers need not upload or download anything. All content is written and produced specifically for audio listening on the go, incorporating children's and teachers' voices. Lesson plans and assessment tools are included for each podcast in the extensive Teacher's Guide. Additionally, enrichment and supplementary ideas are located on our website.

Visit us at: www.TheWalkingClassroom.org