

## Table of Contents

Program Overview	5			
	7	Matrix of Podcasts, Health Literacy Messag	jes, and	
		Character Values		
<b>Program Management and</b>				
Introductory Lessons	11	Step-by-Step Instructions to Manage		
		The Walking Classroom at Your Site		
	13	Getting Started with The Walking Classroor	n	
	15	Suggested Introductory Timeline		
	17	Day 1: Heart Rate, Aerobic Exercise,		
		Cognition and Cognitive Function		
	20	Heart Rate Sheet		
	21	Day 2: Introducing The Walking Classroom	r (TWC)	
	23	Day 3: Walking and Equipment Guidelines		
	27	Day 4: The First Walk (no audio)		
	29	Day 5: Podcast 1 (first walk with audio)		
		Welcome to TWC!	15:08	
	31	Day 6: Podcast 2		
		Hello from Room 33!	10:08	
		(podcast will automatically play two times)		
	33	Day 7: Podcast 3		
		Introduction to TWC	10:53	
Lesson Plans	35			
Unit 1: Physical Science	podca	st number & name	length of podcast	
	37	(4) Leonardo da Vinci	19:04	
	39	(5) Galileo Galilei	17:16	
	41	(6) Gabriel Fahrenheit	16:50	
	43	(7) Benjamin Banneker	15:49	
	45	(8) Erie Canal	17:01	

		podcast	numb	length of podcast	
		47	(9)	Thomas Edison	16:50
		49	(10)	Albert Einstein	17:52
Unit 2:	Earth Science				
	Weather	51	(11)	Meteorology	14:35
		53	(12)	The Water Cycle	16:20
		55	(13)	Hurricanes	15:55
		57	(14)	Tornadoes	17:14
	Geology	59	(15)	Geology	16:20
		61	(16)	Layers of the Earth	16:16
		63	(17)	Rocks of the Earth's Crust	17:12
		65	(18)	Hot Springs and Geysers	16:20
		67	(19)	Volcanoes	16:24
		69	(20)	Deserts of the World	18:51
		71	(21)	Mountains	14:12
		73	(22)	Continental Divide	17:58
		75	(23)	John Muir	15:39
		77	(24)	William Morris Davis	15:05
		79	(25)	Physical vs. Political Maps	15:31
	Earth & the Universe	81	(26)	Sun, Stars, and Galaxies	15:07
	The Ocean	83	(27)	The Ocean Floor	16:27
		85	(28)	Currents and Tides	18:03
Unit 3:	Life Science				
	The Human Body	87	(29)	The Human Body's Slimy Shields	17:11
		89	(30)	Skin	15:30
		91	(31)	Heart & Circulatory System	15:49
	Ecosystems	93	(32)	Animal Classification	16:25
		95	(33)	Food Chains	13:56
		97	(34)	Marine Life	15:26
		99	(35)	George Washington Carver	16:43
	Conservation	101	(36)	Conservation	15:49
		103	(37)	Rachel Carson	16:27
		105	(38)	Inez Fung	18:28
	Medicine	107	(39)	Clara Barton	15:22
		109	(40)	Dr. Elizabeth Blackwell	15:48

		podcast	length of podcast	
		111	(41) Dr. Daniel Hale Williams	17:02
		113	(42) Mayo Family & Clinic	17:30
		115	(43) Dr. Charles Drew	16:00
		117	(44) Dr. Christiaan Barnard	17:44
I	Evolution & Genetics	119	(45) John Dalton	15:20
Unit 4: S	Science Careers			
	Physical Science - Energy	121	(46) Dr. Patrick Treuthardt, Physicist	16:58
	Earth Science - Geology	122	(47) Liz Baird, Director of Education	16:03
	- Geology	123	(48) Dr. Chris Tacker, Geologist	17:10
		123		16:36
ı	Life Science	124	(49) Dr. Emlyn Koster, Museum Director	10.30
	- Ecosystems	125	(50) Dr. Paul Brinkman, Paleontologist	17:24
		126	(51) Bob Alderink, Lab Coordinator	16:35
		127	(52) Dr. Colin Brammer, Entomologist	16:02
		128	(53) Dr. Jason Cryan, Entomologist	16:32
		129	(54) Dr. Dan Dombrowski, Veterinarian	16:35
		130	(55) Chris Goforth, Citizen Science	16:46
		131	(56) Dr. Roland Kays, Zoologist	16:59
		132	(57) Dr. Stephanie Schuttler, Mammologist	15:41
		133	(58) Dr. Julia Stevens, Microbial Ecologist	16:11
	Life Science - Evolut	_		
•	and Genetics	134	(59) Ben Hess, Collections Manager	16:26
		135	(60) Dr. Julie Horvath, Evolutionary Genomicist	16:37
		136	(61) Dr. Julie Urban, Evolutionary Biologist	16:19
Append	ix			
		139	Podcast Quiz Answer Key	
		143	Sample Annotated Lesson Plan	
		145	Sample Parent Letter	
		147	STEM Podcast Completion Checklist	
		149	Teachers' Frequently Asked Questions	
		153	The Science Behind The Walking Classroom	1
		155	Initial Student Survey	
		157	Post-Program Student Survey	



## 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