

Walk with Me

WIN Kids Curriculum for 5th and 6th grade

Designed for classrooms, community youth groups, and other educational settings



Lesson Objectives

- Identify benefits of walking.
- Learn how to make walking a priority.
- Demonstrate skills for setting and tracking walking goals.
- Develop skills for encouraging others to walk.



"The secret to health is only 2 feet away - your own 2 feet."
- Robert Sweetgall



Wellness IN (WIN) the Rockies Principles

- Enjoy physical activity every day.
- Make physical activity fun.



Health Standards

Content Area – Physical Activity Promotion

National Health Standards 1 (concepts), 3 (practice), 6 (decision-making) and 7 (advocacy)

Wyoming Health Content and Performance Standards 1, 3, 6 and 7

Montana Health Enhancement Content Standards 1, 5 and 7

Idaho Grade 5 Health Performance Standards 941, 942 and 945

Idaho Grade 6 Health Performance Standards 951, 952 and 953

Note: Suggested standards can be met depending upon lesson components selected and assessed. Potential assessment tools are designated with a ✓.



Approximate Length

- Two class sessions, 30 minutes each
 - First session: Overview and Bulletin Board
 - Second session: Walk with Me, Walk with the Principal, WIN the Home and WIN the Community

Materials and Preparation



Handout: Walk this Way (1 per student)

Walk Box (any box with a slit in the lid, can be decorated)

Recording Slips (multiple slips of paper for recording walks and feelings)

Supplies for making a bulletin board display

Measuring Tapes

Pitchers of water



Background for Educator

Walking is the original exercise – we have been doing it for over 3 million years! Before modern transportation, our ancestors walked everywhere and usually carried something with them. They were physically fit! These days, there is a machine or gadget to do many daily tasks that used to require us to be physically active. We do not have to walk to school, work or the store, or even move to change the television channel. One result: Many adults and children are heavy or very heavy.

Walking is a good, all-around workout for the human body, with a low occurrence of injuries. As an educator of children, you are a powerful role model and play a key role in helping children establish physical activity as a daily habit they value and enjoy.

Benefits Children Gain When They Walk

(Adapted from Robert Sweetgall, *Pedometer Walking*.)

Walking . . .

- | | |
|---------------------------------------|-------------------------------------|
| * builds self-esteem | * develops a good wellness attitude |
| * builds strong bones | * develops good posture |
| * increases attentiveness | * stabilizes friendships |
| * increases or maintains muscle mass | * stabilizes blood pressure |
| * helps control disruptive behavior | * encourages use of senses |
| * helps control hyperactivity | * encourages drug-free living |
| * helps improve stress-coping ability | * improves physical coordination |
| * helps maintain healthy weight | * improves heart strength |

Walking is inexpensive, requires no special equipment, and can be done anytime, anywhere. The time it takes for a short walk is more than compensated by increased attentiveness and productivity for students and educators. But how much should kids walk?

A child in the fifth grade should walk at least 2000 steps per day (average 22" step length). This adds up to 0.8 miles and takes about 15 minutes. If a student walks 7 days per week during a 275-day school year, she or he can walk 220 miles per school year. Collectively, a class of 25 students can walk 5500 miles.

For sixth graders, the minimum recommendation is 3000 steps per day. With a longer step length, this adds up to 1.4 miles and takes about 25 minutes. Collectively, a class of 25 students can walk 9625 miles, if they walk 7 days per week during a 275-day school year.

In addition to ideas in this lesson, consider the following:

- * 5-minute walks prior to a test or quiz
- * once-around-the-building walks instead of waiting in the cafeteria line
- * before or after school walking clubs
- * class walks to discuss and review key learning points



Lesson Script: Session One

Walking Overview

1. Can anyone guess what physical activity humans have been doing for over 3 million years and are still doing today? (*Answer: walking.*)
2. Walking is a great physical activity! It can be done anywhere, anytime. Let's make a list of all the benefits of walking. (*Refer to the **Benefits Children Gain When They Walk** in the background section and make a list on the board or flip chart.*)

Walking Bulletin Board

1. Break into pairs and select one of the benefits from our list. (*Be sure all items are covered. Teams can take more than one if needed.*) Your task is to write the benefit in large, decorative letters and draw or find a picture to go with the benefit. We will put these on a display or bulletin board with our class walking goal and a progress marker.
2. In our next session, we will be setting a class walking goal. Somewhere on our display, we need a progress marker. This can be a ruler, sidewalk, water bottle, etc., on which we can mark our progress. What will we use? Who wants to make it? (*After class decides, assign someone or a small group to make the progress marker.*)
3. There are some places we walk to on a regular basis. What are they? (*Brainstorm list of places like water fountain, bike rack, main office, gym, parking lot.*) On our bulletin board, let's add a list of those places and how many steps it takes to get there. (*Assign teams to count steps to these locations.*) ✓



Lesson Script: Session Two

Walk with Me Activity

1. In our last session, we talked about all the benefits of walking, and we made our bulletin board. Today, we are going outside to learn more about how to walk. (*Distribute **Walk This Way** worksheet.*)
2. (*Once outside.*) There are three gears of walking. Let's try each of these.
 - **First gear:** easy strolling, no sweating, light exertion, burns about 3 calories per minute. Calories are units of energy we get from food and this energy fuels the body.
 - **Second gear:** normal walking, comfortable breathing and talking, moderate exertion; burns about 5 calories per minute and covers a mile in about 17 minutes. This is the pace we will use for our class walks.
 - **Third gear:** fast walking, heavy breathing, sweating, muscles working intensely, burns about 7 to 10 calories per minute.

3. To measure step length, work in pairs. (*Assign or assist in getting partners.*) Pour some water on the sidewalk. Have one person do a foot dance in the water to get the bottoms of their shoes wet. Have person walk away from the puddle being sure to step heel to toe and with a normal walk. Before the steps dry, have the second person measure the length from the heel of the left foot to the heel of the right foot. Take two or three measurements and average the step length. Record on the worksheet. Repeat for the other person.

4. As a group, we will walk a set distance. (*Select an area nearby, perhaps once around the playground, building or walking track.*) Count the number of steps you take on this walk. Three students will use stop watches to record how long the walk takes. Once complete, record the number of steps and finish the top half of the worksheet. ✓

5. (*Take a water break. Reinforce importance of hydration during physical activity.*) Using the worksheet, we figure group averages. (*Follow the worksheet.*)



Of the average 75 years on earth, Americans spend 24 years sleeping, 13 years watching TV and $\frac{1}{2}$ year engaged in physical activity!

6. Let's set a class goal. We will walk 15 minutes each day as a class. After each walk, we will record the time and number of walkers on a slip of paper and put it in the walk box. Each of you can record additional walks during the day here (*recess, lunch, etc.*) and at home and put those slips in the walk box. ✓

7. Remember we figured the number of steps to some common locations and added that list to the bulletin board. Don't forget to add those trips to the walk box. Once a week, someone will be assigned to add those to our goal progress marker. (*Set a class goal of a destination or distance to walk. For example, walk the distance to Washington D.C., or the state capital, or the distance across the country. This can enhance geography/history by studying points along the walk.*)

➤ LANGUAGE or ENRICHMENT Option: Provide students with slips of paper before and after class walks. Before each walk, ask them to write the word "before" and record how they feel (tired, bored, anxious). After the walk, ask them to write the word "after" and record how they feel (refreshed, awake). Keep these for a week or two and then have students write a summary of how their feelings changed with the physical activity. ✓ Have each student select their favorite to share and put on the bulletin board.

Walk With the Principal

1. One of the many benefits of walking with other people is the talking. What if, as a class, we invited the principal to start a 15-minute honor walk once a week with some students?

2. Some schools have every teacher select the Most-Improved Student of the Week based on a subject area or behavior. This group of students goes on an honor walk with the principal. During the year, each student takes at least one walk with the principal. (*Once the idea is shared, work with students to start a program. In non-school settings, the walk can be with a community leader such as the mayor, a police officer, a firefighter, a religious leader, or a club president.*)



WIN the Home: Dinner Walks

Encourage students to ask their family for 10 minutes of their time after dinner. Have everyone walk their dishes to the kitchen and keep walking right out the door for a family walk. During that walk they can have a family meeting or rotate who picks the topic of discussion. They can share some of the good reasons to walk after every meal:

- * keeps you from falling asleep
- * reduces your desire for too much dessert
- * aids digestion
- * helps stimulate your metabolism
- * gives you renewed energy

During one of the walks, they can set a family goal and a reward. For example, “We will walk as a family 5 times per week for 4 weeks in a row. As a reward we will go on a family hike in a favorite area.” Ask students to report back on their experiences. ✓

Please note: pilot testing of lessons has determined that WIN the Home activities are most successful when students have time over a weekend to complete them, when a follow-up is conducted in class, and when students receive credit for completion.



WIN the Community: Walk Around Our Town or Walk to the Moon

➤ **Walk Around Our Town** - Use an existing path, or design a new route for people to walk around your town. Make a flyer or brochure with directions and distances for the walk. Reproduce and put at the chamber of commerce, local hotels, restaurants, library, senior center, churches, doctors’ offices and anyplace else people can take one. Make and laminate signs that point out interesting features or remind walkers of the benefits of walking and place them along the trail. ✓ With a local sponsor, maps could be professionally reproduced and permanent signs placed along the path.

➤ **Walk to the Moon** - Challenge the community to walk a set distance: for instance, to Washington D.C., to the state capital, or to the moon. Ask the chamber of commerce, city recreation department, or another group to record the distances community members walk. A large marker can be placed in a visible location and a hotline phone number listed to call in distances walked.



Additional Ideas

➤ Obtain pedometers for each student and offer additional activities for tracking and goal setting. A pedometer counts the number of steps a person takes. It can be clipped on to a waistband and worn all day.

➤ One method for raising funds to purchase pedometers is to sponsor a walk rather than selling candy or a product. Students can sign up sponsors on a cents-per-mile basis. Prior to the walk, train as a group on progressive walking to condition walkers for the big event and to reinforce the benefits of walking every day. Remember to keep the walks fun!



Sources and Materials

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