

WALK THIS WAY



Physical Activity. Walk This Way

Targeted Grades: 6th Grade up to 8th Grade

Lesson Plan

Help students understand the value of walking and increasing physical activity. Have them start by keeping a journal using the Walking Journal Resource. After this, have students work to create plans and develop a club utilizing the Walking Club resource and the Walk this Way play for ideas.

American Dairy Association Indiana Resources

FUTP 60 Walk This Way Play: [Walk This Way](#) - 1 to 2 hours of preparation

[Walking Club](#) - Walking times will vary

[Walking Journal](#) - 3 to 5 minutes daily

Learning Objectives

- Identify the benefits of walking
- Participate in a walking club
- Organize and promote the values of daily walks and a walking club
- Record number of minutes walked each day

WinnersDrinkMilk.com/Schools/Fuel-up-to-Play-60

INDIANA STANDARDS FOR GRADE 6 THROUGH GRADE 8

English Language Arts Standards for Grade 6 through Grade 8

Walking

<p>6.RL.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 6, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end of the range.</p>	<p>7.RL.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 7, students interact with texts proficiently and independently at the middle of the range and with scaffolding as needed for texts at the high end of the range.</p>	<p>8.RL.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 8, students interact with texts proficiently and independently.</p>	
<p>6.RN.1 Read a variety of nonfiction within a range of complexity appropriate for grades 6-8. By the end of grade 6, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end of the range.</p>	<p>7.RN.1 Read a variety of nonfiction within a range of complexity appropriate for grades 6-8. By the end of grade 7, students interact with texts proficiently and independently at the middle of the range and with scaffolding as needed for texts at the high end of the range.</p>	<p>8.RN.1 Read a variety of nonfiction within a range of complexity appropriate for grades 6-8. By the end of grade 8, students interact with texts proficiently and independently.</p>	
<p>6.RV.1 Acquire and use accurately grade-level appropriate general academic and content-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>	<p>7.RV.1 Acquire and use accurately grade-appropriate general academic and content-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>	<p>8.RV.1 Acquire and use accurately grade-appropriate general academic and content-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>	
<p>6.W.1 Write routinely over a variety of time frames for a range of tasks, purposes, and audiences; apply reading standards to support analysis, reflection, and research by drawing evidence from literature and nonfiction texts.</p>	<p>7.W.1 Write routinely over a variety of time frames for a range of tasks, purposes, and audiences; apply reading standards to support analysis, reflection, and research by drawing evidence from literature and nonfiction texts.</p>	<p>8.W.1 Write routinely over a variety of time frames for a range of tasks, purposes, and audiences; apply reading standards to support analysis, reflection, and research by drawing evidence from literature and nonfiction texts.</p>	

INDIANA STANDARDS FOR GRADE 6 THROUGH GRADE 8

English Language Arts Standards for Grade 6 through Grade 8

Walking

6.SL.1 Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.

7.SL.1 Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.

8.SL.1 Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.

6.ML.1 Critically analyze information found in electronic, print, and mass media used to inform, persuade, entertain, and transmit culture.

7.ML.1 Critically analyze information found in electronic, print, and mass media used to inform, persuade, entertain, and transmit culture.

8.ML.1 Critically analyze information found in electronic, print, and mass media used to inform, persuade, entertain, and transmit culture.





INDIANA STANDARDS FOR GRADE 6 THROUGH GRADE 8

Science and Engineering Process Standards	Walking
SEPS.1 Posing questions (for science) and defining problems (for engineering).	
SEPS.2 Developing and using models and tools.	
SEPS.3 Constructing and performing investigations.	
SEPS.4 Analyzing and interpreting data.	
SEPS.5 Using mathematics and computational thinking.	
SEPS.6 Constructing explanations (for science) and designing solutions (for engineering).	
SEPS.7 Engaging in argument from evidence.	
SEPS.8 Obtaining, evaluating, and communicating information.	

INDIANA STANDARDS FOR GRADE 6 THROUGH GRADE 8

Health and Wellness Standards	Walking
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	

INDIANA STANDARDS FOR GRADE 6 THROUGH GRADE 8

Physical Education Standards	Walking
Standard 1: The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.	
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.	
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	