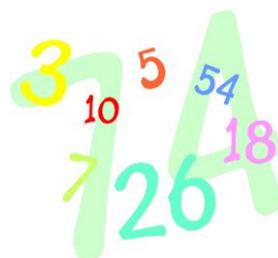


## Walk Across Texas Optional Curriculum Ideas

Here are some optional curriculum ideas to enhance Walk Across Texas and make it an interdisciplinary program.

### Math

- Addition, subtraction, multiplication for individual and team miles; could determine mode, median, averages of miles walked
- Convert miles to feet to inches to metric.
- Use fractions.
- Word problems. Make up problems involving the number of miles walked.
- Shapes of signs
- Draw an outline of your foot without your shoe. Estimate the number of square inches of your foot. Find the actual area of your foot by using a one inch grid.



### Social Studies

- Plot cities—population, industries, tourist sites, school size, student population, history of the courthouse in the selected site, historical trails, historical sites, history of different towns or famous people from those towns
- Determine the nearest major highways.
- Navigation numerically of highways—odd and even directions of highway either in Texas or in the United States. Determine the difference in toll roads, interstates, farm-to-market roads, etc.
- Signs—color and shapes; recognizing symbols and why it is done this way.
- Election Process—vote on team name and possibly weekly team leader/spirit leaders.



### Reading

- Read books about feet/walking/travel in Texas.
- Prefixes—inter, intra, etc.
- Persuasive writing paragraph—for example, “Why should everyone include some type of regular exercise?”
- Create a foot-shaped book and call it “When I Walked Across Texas, I...” The book should be a paragraph or longer. (Have children draw around their own foot for the cover.)
- Write articles for the class or school newspaper.
- Daily journal writing—include some observations and feelings about walking, traveling across the state, etc.
- Each student writes a one to three sentence success story about their Walk Across Texas experience.
- As you plot your path on the map, stop and visit historical sites, courthouses, and read about histories of different towns and famous people from those towns.



## Science

- Isopods Roly-Poly bug activity on newsprint (see activity instructions at [http://walkacrosstexas.tamu.edu/PDF/roly\\_poly\\_activity.pdf](http://walkacrosstexas.tamu.edu/PDF/roly_poly_activity.pdf)).
- Bones—Identify and locate bones in the feet of animals and humans. Determine the need for the bones. Possible sources include dictionary, encyclopedia, science books.
- Animal feet and tracks (benefits and purpose of different feet.... example: digging, swimming).
- Observation of different animals, land formation, eco-systems and plant life while walking and/or while crossing the state of Texas.
- Visit sites such as aquariums or wildlife refuges on the journey across Texas.
- Write a report about animals you might see on your Walk Across Texas.

## P.E. and Health

- Care and structure of the feet—exercising: proper shoes, socks, cleanliness, prevention and care of blisters
- Study how your feet, legs, and joints work when you walk.
- Stretching and flexibility exercises—warm-up and cool-down program
- Proper attire for exercise (loose, comfortable clothes; proper shoes and socks; sun and night protection)
- Self-protection when walking alone
- Health benefits of regular exercise
- Environmental needs for walking (smooth, soft surface; weather conditions)
- Self-discovery (attitude, behavior, situations affecting decisions toward exercise)
- Nutritional needs—What did you eat before and after exercise? Best sources for energy—dehydration issues
  - Promoting cardiovascular health
  - Controlling stress
  - Reducing obesity
  - Improving the strength of bones, muscles, and joints
  - Conditioning
  - Personal safety
  - Preventing injuries and accidents
  - Lifetime activity
  - Healthy foods
  - Proper diet
  - Self esteem/character education
  - Positive attitude
  - Nutrition fair
  - Responsibility (record keeping).



## Art

- Make a team display shoes, with team name and members' names.
- Make a mural of feet.
- Make large charts; color the route taken; color maps of state regions; color highway signs.
- Design models or color special sites in Texas.
- Design a team logo or mascot.
- Draw pictures of animals you might see on your Walk Across Texas.

## Music

- Include songs about feet, walking, marching, and Texas—for example, “These feet were made for walking.”
- In the Don’t Give Up Now assembly, lead participants in songs.



## Technology

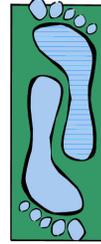
- Record the team data, and enter it on the website.
- Design and create Walk Across Texas newsletters.
- Establish a Walk Across Texas chat line with students from other parts of the state.

## Character

All teachers can discuss the importance of honesty when keeping track of mileage.

## Titles of Walking Books to Incorporate into Curriculum

A Hydra Goes Walking – Bill Martin, Jr.  
Crinkleroot’s Guide to Walking in Wild Places – Jim Arnosky  
Taking a Hike – Lynne Foster  
Looking Good – Hands and Feet - Arlene C. Rourke  
Donald and the Fish that Walked – Edward Ricciuti  
The Foot Book – Dr. Seuss



*The optional curriculum ideas were compiled by Carolyn McFarlin, Grayson County Family and Consumer Sciences Agent; and Linda Vandergriff, Grayson County 4-H Program Assistant. Updated January 2008.*