

Walk Across Texas for Schools Guidelines for Teachers/Team Captains



Walk Across Texas (WAT) is an eight-week fun and free fitness program designed for adults and youth with one goal in mind—to increase participants’ physical activity levels. The students in a class are a team, and classes within a school compete with each other. Members of the team combine their mileage to see which team walks across Texas first (on a map of Texas) and which one walks the most miles. Participants walk for eight weeks. Each team’s mileage is entered on the Walk Across Texas website each week, so you can see how your team is doing and even compare your team’s progress to other teams.

The information below will assist you in your role as a WAT teacher/team captain for your class(es). If you have any questions or need more information, please contact the Walk Across Texas coordinator/site manager for your school: _____.

Important Dates and Times

Some important Walk Across Texas dates and times are listed below. Plan to attend Walk Across Texas special events with your team.

- Kick-Off Assembly: _____.
- Don’t Give Up Now Assembly: _____.
- Awards and Recognition Assembly: _____.
- The first day to begin logging miles is: _____.
- Walk Across Texas ends on: _____.

How to Implement Walk Across Texas in Your Classroom



The procedures involved in Walk Across Texas for Schools are very simple and are listed below.

1. Each class becomes a team and creates a team name. (If a teacher has more than one class that will be participating, create a team name for each class.)
2. Depending on the situation of your school, each teacher/team captain or the Walk Across Texas coordinator/site manager for your school will register each team on the Walk Across Texas website. You may enter up to three classes on a Teacher Registration Form (http://walkacrosstexas.tamu.edu/wat_schools/sqlteacher_regist.asp). If you have more than three classes, start another Teacher Registration Form, and list the additional classes on the second form.



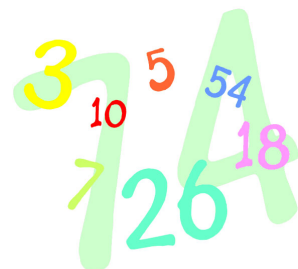
3. If you make a mistake during registration, correct the registration form by going to http://walkacrosstexas.tamu.edu/wat_schools/call_SchoolUpdate.asp.
4. Use the School Daily Mileage Log to track the daily mileage for each class (http://walkacrosstexas.tamu.edu/pdfs_download/school_mileage.pdf). A copy of this form is included at the end of this document.
5. Teachers/team captains decide the time and place they will walk. Decide on a walking route, and determine the amount of mileage for the route. You could use a pedometer to find the mileage. If it is appropriate, you could drive the route, using the odometer, to get a measurement. Others credit 20 minutes of continuous walking with 1 mile. In other words, if 28 children walked ½ mile five days each week, your class could enter 70 miles a week.
6. Optional!! Some teachers want to allow children to get their family members to walk, too. Children wanting to have their family members walk during the eight weeks can have each family member record their miles walked each day. The child may walk additional miles with their family, too. If you want to add this option to Walk Across Texas in your classroom, use the Bonus Mileage Log Form (copy the form front-to-back) (http://walkacrosstexas.tamu.edu/pdfs_download/bonus_mileage_log.pdf), and distribute it to your students. (A copy of this form is included at the end of this document.) Children participating in this option must turn in this form each week so you can enter the mileage with the team's weekly total on the WAT website. At the time that they turn in their completed form, they should be given another Bonus Mileage Log Form for the following week.
7. Depending on your school's situation, the following options are permitted for entering mileage on the Walk Across Texas website: (1) each teacher/team captain enters the mileage; (2) a school volunteer or student enters the mileage; or (3) teachers/team captains turn in the mileage to the coordinator/site manager, who enters the mileage. By Sunday evening each week, the total miles walked by each of your classes should be entered on the website. To add or update mileage information, go to http://walkacrosstexas.tamu.edu/wat_schools/call_teacher_log.asp.
8. Teachers/team captains can check on how their teams are doing compared to other teams by going to the website (http://walkacrosstexas.tamu.edu/ql_teachers.html) and clicking on the *Quick-Links for Everyone at School* section.
9. Prior to the Awards and Recognition Assembly, download and complete certificates that you may give your students to show how far they walked (http://walkacrosstexas.tamu.edu/pdfs_download/watstudentform.pdf).

Making Walk Across Texas a Part of Your Curriculum

Walk Across Texas may be incorporated into many curriculum areas. Below are some optional curriculum ideas to enhance WAT 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 the histories of different towns and famous people from those towns.



Science

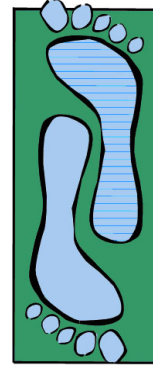
- Isopods Roly-Poly bug activity on newsprint (see activity instructions at http://walkacrosstexas.tamu.edu/PDF/roly_poly_activity.pdf).
- Bones—Identify and locate bones in the feet of animals and humans. Determine the need for the bones. Possible sources include dictionary, encyclopedia, science books.
- 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

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Walk Across Texas!

School Weekly Mileage Log

Team _____ Mileage Log
(team name)

Directions:

- Use one of these mileage logs for each class you have walking.
- At the end of each week, go to http://walkacrosstexas.tamu.edu/wat_schools/call_teacher_log.asp and enter the number of children walking, the number of days walked, and the number of miles walked each day for the class team participating.
- All totals in last two columns will be calculated for you on the website.

Week number	Estimate d number of children walking	Number of days walked this week	Number of miles walked each day	Bonus Miles	Total weekly mileage for team/class	Grand total miles walked so far for team/class
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

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Bonus Mileage Log

Student's Name _____

Grade Level _____

The Walk Across Texas for Schools program is designed to promote and increase physical activity in students. In addition to walking with their team at school, we are encouraging all students to participate after school by walking with parents, brothers, sisters, and/or other family members who can walk with them. The weekly totals will be added to the student's team, classroom, or grade level. (Options for collecting data: depending on how schools are collecting data, student mileage may be used toward team mileage, or the entire family mileage may be used toward team mileage.)

Directions:

- Put a check below the activity every time you do that activity for **20 continuous minutes**.
- If you do more than one activity, you can check each activity as long as you did that individual activity for **20 continuous minutes**.
- If you walk, run, ride a bike, or roller skate for 20 minutes each in one day or do 60 continuous minutes of each activity, you may put three (3) check marks below that activity for a total of 60 minutes for that day.
- Each 20 minute check mark equals one (1) mile.
- Mark the weekday and date of your activity.
- Total your mileage for the week on your Bonus Mileage Log.
- Have an adult sign your Bonus Mileage Log.
- Each week, turn in your Bonus Mileage Log to your coach or homeroom teacher.
- Get a new Bonus Mileage Log from either your coach or homeroom teacher for the next week's walking activity(ies).

Student Bonus Mileage Log							
Day of Week	Date	Walking	Running	Biking	Roller Skating	Other	Total Miles
Student Bonus Mileage Log Grand Total:							

Adult's Signature _____



Date _____

