



walk2unlock.ne.gov

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## **Welcome to Walk to Unlock!!**

The Walk To Unlock Nebraska (W2UN) program is a robust physical activity program with a cross-curricular education component.

It provides virtual checkpoints across the state of Nebraska for youth to visit while tracking live physical activity time conducted in their school, after-school program, or home.

Checkpoints cover various topics with sponsored lesson materials from: Farm Bureau Foundation, History Nebraska, Midwest Dairy, Nebraska Game and Parks and Nebraska Public Media.

### **Academic Enrichment**

- \* Learning experiences are targeted for kindergarten through 8th grade.
- \* Multiple lesson topics include, but are not limited to science, social studies, math, language arts, nutrition, etc.
- \* Integrated curricular ideas are included to be used as "tools" for learning both in the classroom and at home.
- \* Research shows that exercise helps improve attention and concentration.
- \* Virtual Field Trips are available to enhance the journey.

### **Physical Activity**

The Physical Activity Guidelines for Americans, 2nd edition recommends that children and adolescents ages 6 to 17 years do sixty minutes or more of moderate to-vigorous physical activity daily. However, less than one-quarter (24%) of children 6 to 17 years participate in 60 minutes of physical activity every day.

Creativity is a necessity when working with youth and this program provides exactly that to get kids moving! There are numerous ways to accumulate the necessary physical activity. Integrate physical activity into your classroom with provided Go Noodle videos, collaborate with the physical education teacher, log active recess time, start/collaborate with a before/after school fitness program, or map out a walking route around the school.

### **Walk Through NE History Teaching Integration:**

The Walk To Unlock Nebraska program provides information on Nebraska checkpoints. Integrated content ideas are included in the History Nebraska checkpoints to be used as “tools” for learning both in the classroom and at home. These ideas were written by Nebraska teachers & reviewed by NDE Curriculum Specialists with the understanding that this is a starting point and expanded ideas are encouraged! An example of how to use this program:

*Start by accumulating miles. Miles can be earned by actually walking a mile or time may be allotted to equal a mile for activities such as jumping rope or playing softball. Physical activities with families may be included as well. As students are accruing mileage from one marker to the next, math instructors may create story problems to accompany the program (i.e., if Johnnie bikes and Susie walks between historical markers, who will get there first?). At the same time, language arts instructors may have students keep a log of their “travels” from one historical marker to the next, perhaps from the perspective of the pioneer. The science instructor may decide to teach about the different weather patterns experienced across the state as the students are “traveling” from one end to the other. The art instructor may have students paint, design, or mold different historical markers as they “come upon them.” The music teacher can showcase music that pertains to certain checkpoints such as The Swedish Heritage Center or Native American stops.*

### **Summary**

Students are not actually physically traveling to the different checkpoints, but they are learning about them in different settings simultaneously as if they were actually making the trek. It is up to the school to decide if a checkpoint is close enough for them to take a field trip and visit. Families may also decide to tour Nebraska with an educational incentive such as the Walk To Unlock Nebraska program in mind.

## GETTING STARTED

### Successfully implement Walk to Unlock Nebraska in your classroom!

Follow the steps below to structure the program to your fitting.

#### How to Plan for Walk to Unlock: (example provided in blue)

1. **How many weeks do you want the program to last?**    4    6    8    10    12  
     a. *le: 8 weeks*
2. **Total miles of trail divide by weeks = XX miles/week**  
     a. *280 miles (eastern sprint) /8 weeks = 35 miles needed per week*
3. **How many teams do you need?**

This depends on what you will count toward your miles. Is your goal to get kids active beyond what they are regularly doing? Then maybe you don't count PE or youth sports. Will you encourage walking laps at recess or before/after school to reach miles? This is your decision on what to count!

#### ***You can estimate that each student will accumulate:***

- a. Counting PE – about 1-1.5 miles during a 30 minute PE session/student
- b. Counting Recess - 0.5 miles per 10 minutes of recess/student
- c. Counting before/after school club - this really depends on the activity and duration – on average walking for 30 minutes would be 1 mile/student
- d. Counting out of school activities (sports, family walks, etc) - on average sports practices happen twice a week for an hour/session. Studies say that about 50% of youth participate in sports. So 1 student would potentially accumulate 3-5 miles per practice. If you had 10 kids with half being in sports and practices held twice a week would potentially accumulate 30-50 miles per week. (3-5 miles x 5 kids x 2 times/week)
- e. *I only want 35 miles per week per team. If I have a class of 20 students:*
  - i. Counting PE - 2 PE sessions per week x 20 kids x 1 mile/student = 40 miles a week (progressing a little faster than desired - could split into 2 teams of 10 kids each)
  - ii. Counting Recess - 2 Recesses/day x .50- mile/recess x 20 kids = 20 miles per week (progressing a little behind if not counting other physical activity)
  - iii. Counting before or after school club - 3 sessions/week x 20 students x 1 mile = 60 (progressing too fast, would need to split into 2-3 teams to stay on track)

- iv. [Counting out of school activities](#) - 4 miles x 10 kids (20 total in class but counting on ½ students being in sports) x 2 times/week practice = 80 miles per week (progressing too quickly - could split into 4 teams and count another source of physical activity.)

Use the provided equations and scenarios to best plan out your trail. Also, available for use is the physical activity conversion chart to see the various types of activities and how they accumulate miles.

### **Getting Others Involved:**

Use the provided overview & trail map to share what you are doing with other special classes. Ideas of how to integrate PE, art and music are included in the overview. Get families involved, we have included a parent take home letter as well as a bonus tracker sheet that can be used while at home. Get creative and create some contests for family involvement!

### **Map**

Hang up the provided map to track your team(s) progress. Use string and tacks, or stickers, etc to show the students how far they have gone & what's next!

**Questions? Reach out to [NDE.walk2unlock@nebraska.gov](mailto:NDE.walk2unlock@nebraska.gov)**