

## Walk Across Texas for Schools Guidelines for Teachers

### Overview

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 for your class(es). If you have any questions or need more information, please contact your local county Extension agent: \_\_\_\_.

### Set Dates and Times for Your School

	Date	Time
Kick-off Assembly:		
Don't Give Up Now Assembly:		
Awards and Recognition Assembly:		
First day to begin logging miles is:		
Log miles each week online by:		
Walk Across Texas ends on:		

### 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 will register each team on the Walk Across Texas website: (<http://walkacrosstexas.tamu.edu/anewat/register.php>).



3. If you make a mistake during registration, correct the registration form by logging into your account and selecting *My WAT Team*. Here you can edit as needed.
4. Use the School Weekly Mileage Log to track the weekly mileage for each class ([http://walkacrosstexas.tamu.edu/pdfs\\_dwnload/school\\_mileage.pdf](http://walkacrosstexas.tamu.edu/pdfs_dwnload/school_mileage.pdf)).
5. Teachers 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. Teachers may choose to incorporate WAT lesson plans throughout the day that provide students with a quick, fun, and educational physical activity. The WAT lesson plans can be accessed by going to <http://walkacrosstexas.tamu.edu/tools-and-resources/teacher-lesson-plans.php>.
7. **Involving Parents.** 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 on the weekly bonus miles log. The child may walk additional miles with their family, too.
  - a. **Bonus Miles Form.** Family members who walk during the 8 weeks to support their children's class miles will report on the Bonus Miles Form. For every 20 minutes of physical activity performed, the family members can place a check mark on the day the activity was performed. Each check mark will equal 1 mile. If you want to add this option to Walk Across Texas in your classroom, use the Bonus Mileage Log Form ([http://walkacrosstexas.tamu.edu/pdfs\\_dwnload/bonus\\_mileage\\_log.pdf](http://walkacrosstexas.tamu.edu/pdfs_dwnload/bonus_mileage_log.pdf)), and distribute it to your students. 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.
  - b. **Parent Newsletters.** To encourage parent involvement in WAT, a series of newsletters can be obtained from the website, copied, and sent home with the students on a weekly basis. The newsletters can be found at <http://walkacrosstexas.tamu.edu/tools-and-resources/newsletters-for-teachers.php>.
8. Depending on your school's situation, the following options are permitted for entering mileage on the Walk Across Texas website: (1) each teacher enters the mileage or (2) a school volunteer or student enters the mileage. Each site should determine a deadline for entering the total miles walked by each of your teams/classes each week on the website. To add or edit mileage information, log into your account and select *Miles Walked*.
9. Teachers can check on how their teams are doing compared to other teams by going to the website and clicking on the *View Progress* section. This is located online at <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php>.
10. 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\\_dwnload/watstudentform.pdf](http://walkacrosstexas.tamu.edu/pdfs_dwnload/watstudentform.pdf)).

