

TOPIC 6

Walking



1. Warm Up

What are these people doing?

Do they need any special equipment to do this?

What things could be useful to take with you when doing this? Why?

Where are they?

Is this activity good for you?

Why or why not?

Do you exercise?

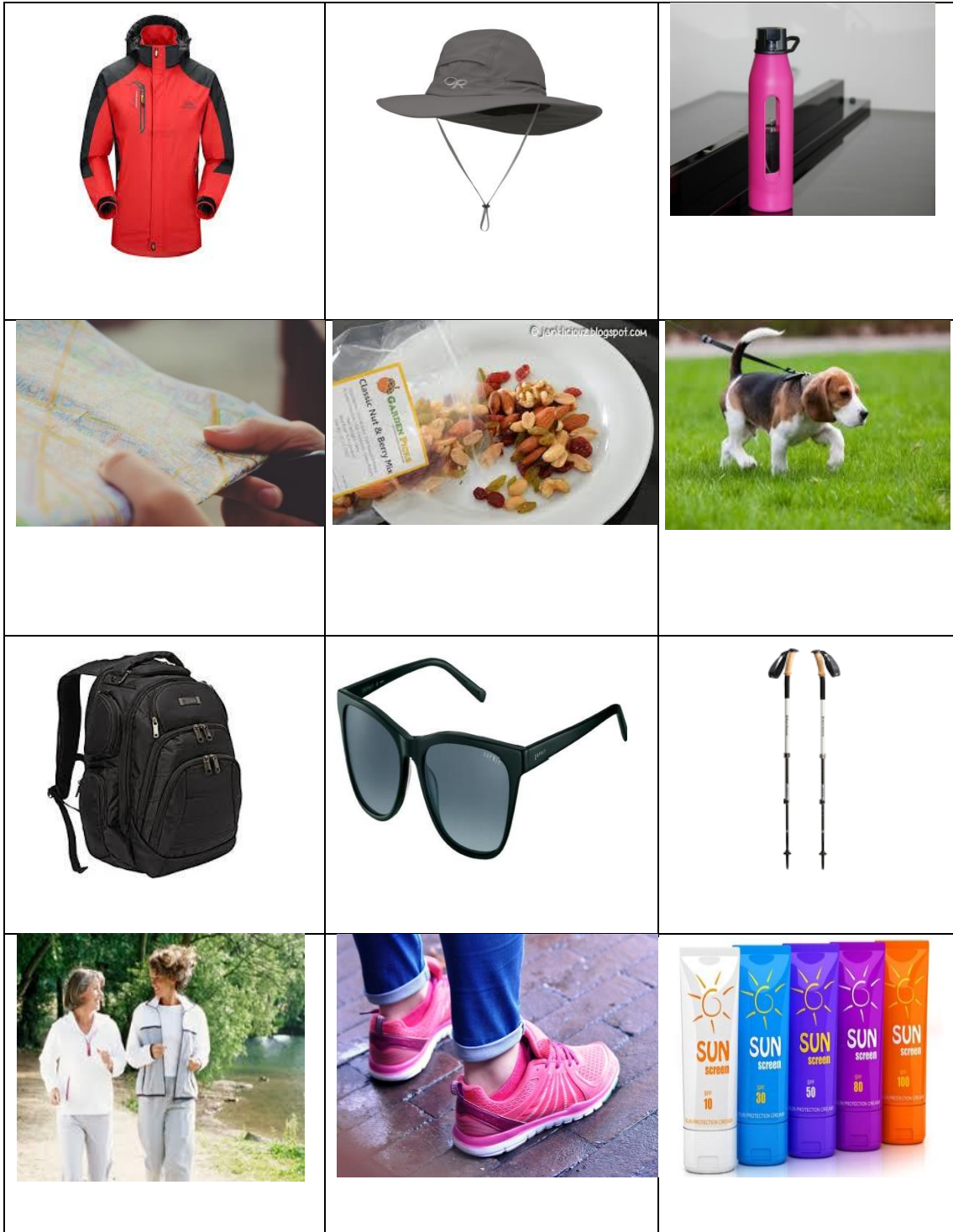
What type of exercise do you do?

Why do you do it?

2.Vocabulary

Label these items using the words below

water bottle, snacks, dog, back pack, friend/partner, comfortable shoes, hat, map, jacket, sun glasses, sun screen, walking poles.



Vocabulary Games

Concentration:

- Cut along the dotted lines so you have 24 cards
- Place all cards picture side down in a 4 x 6 grid
- Students take turns to turn over 2 cards.
- If the cards match they keep the pair.
- The student with the most pairs wins the game

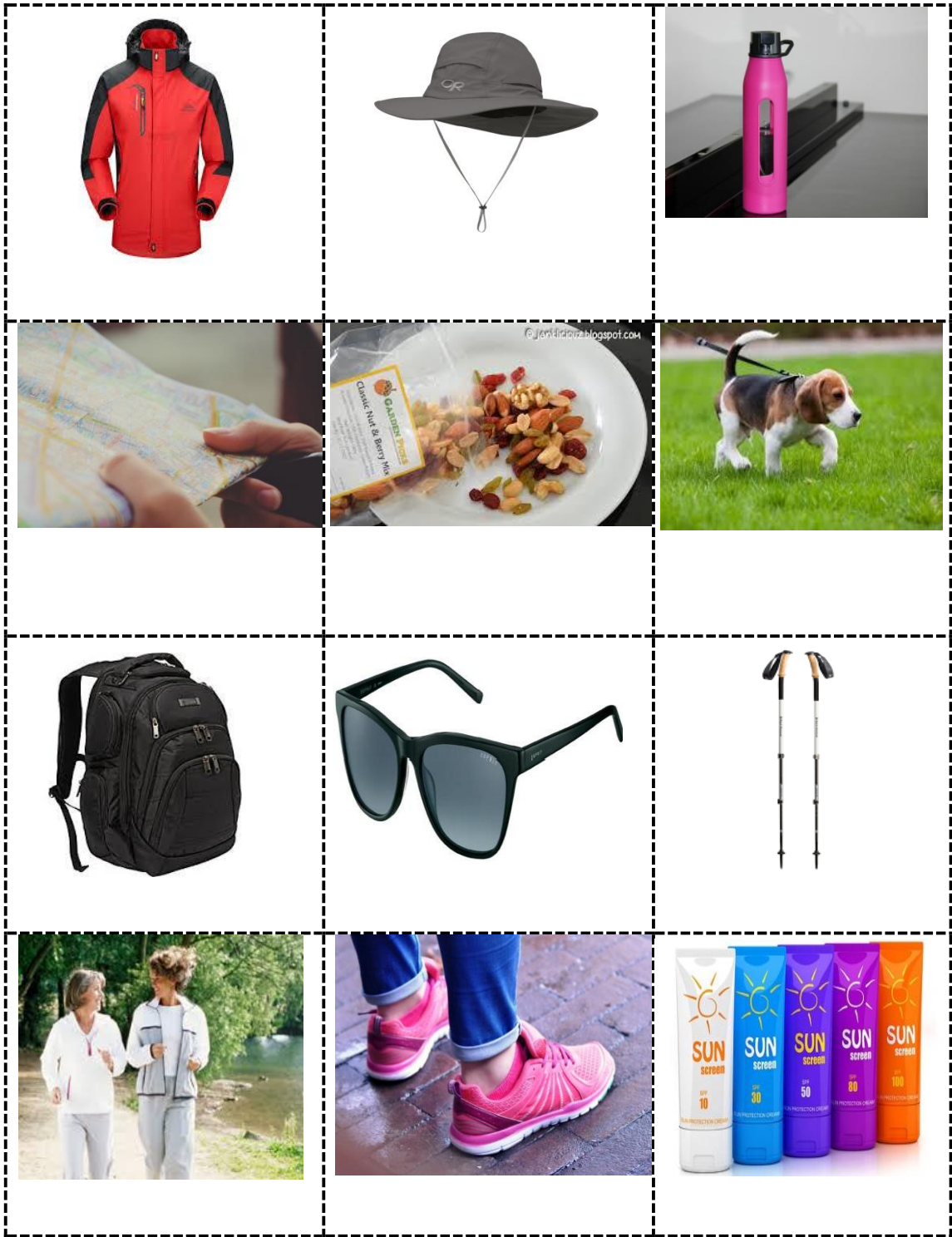
Snap

- Play in groups of 3 or 4
- Use 2 sets of cards so that there are doubles of both 48 cards and shuffle
- Deal out cards to each player and place one in the middle
- Students take turns to place a card on top of the previous card
- If the card matches they snap and take the pile of cards from the middle
- The player left with all the cards wins

Taboo:

- Can be played in groups or as a class
- Pick a word card from the pile
- Students give clues about the word on their card but must not say the word. If they say the word they forfeit their go and must put the card to the bottom of the pile
- Other students must guess what word they are describing
- Prior to this game could do a class on adjectives and descriptions





jacket	hat	water bottle
map	snacks	dog
back pack	sunglasses	walking poles
friend	comfortable shoes	sunscreen

3. Discussion



Use the pictures above to classify essential and non-essential items for walking

Give your reasons for placing there

I think the water bottle is essential because...

Essential	Non Essential

Do the same as above but this time essential and non-essential items

- For a walk around your block
- A walk in the bush
- An overnight hike
- For a 5km charity walk
- For a walk with a walking group

Are there any other items you may need?



4. Find Someone who.....

Find someone in the class who does the following. **Do you.....?**

If they answer yes, write their name in the 1st square & then ask them the further question. Write their answer in the 2nd square.

	Name	Further question
Walks regularly		How often?
Walks to relax		Where?
Walks everyday		Why?
Walks for fitness		How far?
Wears runners when walking		Why?
Walks to school		How long?
Walks with a friend		Who?
Walks with their dog		What type of dog?
Would like to walk more often		Why?
Enjoys walking		Why?

Tell the class something you found out about a class member

Anh walks everyday because she wants to be healthy.

5. Health / safety issues:



Opinions: An opinion is a person's feelings about a particular topic.

When we give an opinion we usually give a reason to support our opinion.

I definitely agree that walking is a good form of exercise because anyone can do it and it's free.

What do you think?

Teacher places 5 signs around the classroom

Strongly agree/ Agree / Disagree / Strongly disagree/ Undecided

- Listen to the teacher read each statement.
- Think about the statement and decide on your opinion
- Go and stand near the sign that reflects how you feel.
- Talk to those around you about how you feel and why.
- Report back to the class your reasons for supporting where you are standing
- Teacher writes reasons on board
- Students listen to all reasons and are then given a chance to question others and to move to another group if they have changed their mind

Statements

- Walking is good for your health.
- You should walk for 20 minutes every day.
- Walking is bad for your joints.
- You should never walk alone.
- Listening to music or having head phones on while you walk is dangerous
- Safety is a concern for women who walk.
- Walking 3 x 10min a day has the same health benefit as walking for 30mins.
- Walking is good for all ages.
- Walking improves your mental health and anxiety.

**Strongly
Agree**

Agree

Disagree

**Strongly
Disagree**

Undecided

6. Listening



Listen to the dialogue and answer the questions

1. When are they going for their walk?
2. Where are they going to walk?
3. What will the weather be like?
4. What equipment are they going to take?
5. How many people are going on the walk?
6. What time does she need to be at her friend's house?

Look at the map of Cherry Lake walk <https://walkingmaps.com.au/walk/1745> or go to the Walking maps website and search for Cherry Lake Altona walk and answer these questions

7. How long is the walk in kilometres?
8. What is the difficulty level?
9. How long will it take the average person to walk it?
10. How many points of interest are marked on the walk?
11. What are 3 features of this walk that would make it a good place for families?

7. Victoria Walks website

Go to the website Victoria Walks to find out about the following walks





Victoria Walks



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Go to the website Victoria Walks to find out about the following walks

Walk name	Pipemakers Park and Maribyrnong River	Sculptures of Melbourne	Werribee South beach walk	Brimbank Park Nature Trail
Length				
Time				
Level				
Rating				
How many points of interest?				
				
				
				
				
				

8. Read the sign



A trail is a marked path you can walk along

1. This is a sign for a Foreshore Trail, it will take you for:

- a walk through the bush
- a walk along the land near the edge of the water.

2. What does the sign tell us?

- the direction, distance and names of places along this trail
- the direction to places along this trail
- the names of places along this trail

3. Answer True or False

Altona Beach is a 5 km walk from this sign.

Williamstown beach is to the right.

Altona Beach is the closest beach.

Cherry Lake is the same direction as Altona Beach.

4. Write the names of the places from the shortest distance to the longest distance

- 1.
- 2.
- 3.

9. Walking Stories

1. Who Am I? Match the story to the person



Anna ____



George ____



Ben ____

A. I enjoy walking as I find it relaxing and it also keeps me active. My favourite place to walk is my local neighbourhood. Every afternoon I take the dog for a walk for about an hour. I usually walk the same way each day – down the street, along the beach, through the gardens and then back home.

B. I love walking and finding new places to discover. This year I joined a local walking group. Every week we meet up on a Tuesday morning and then walk for about an hour in our local area. After our walk we all have a coffee together. It's a great way to stay fit and make new friends.

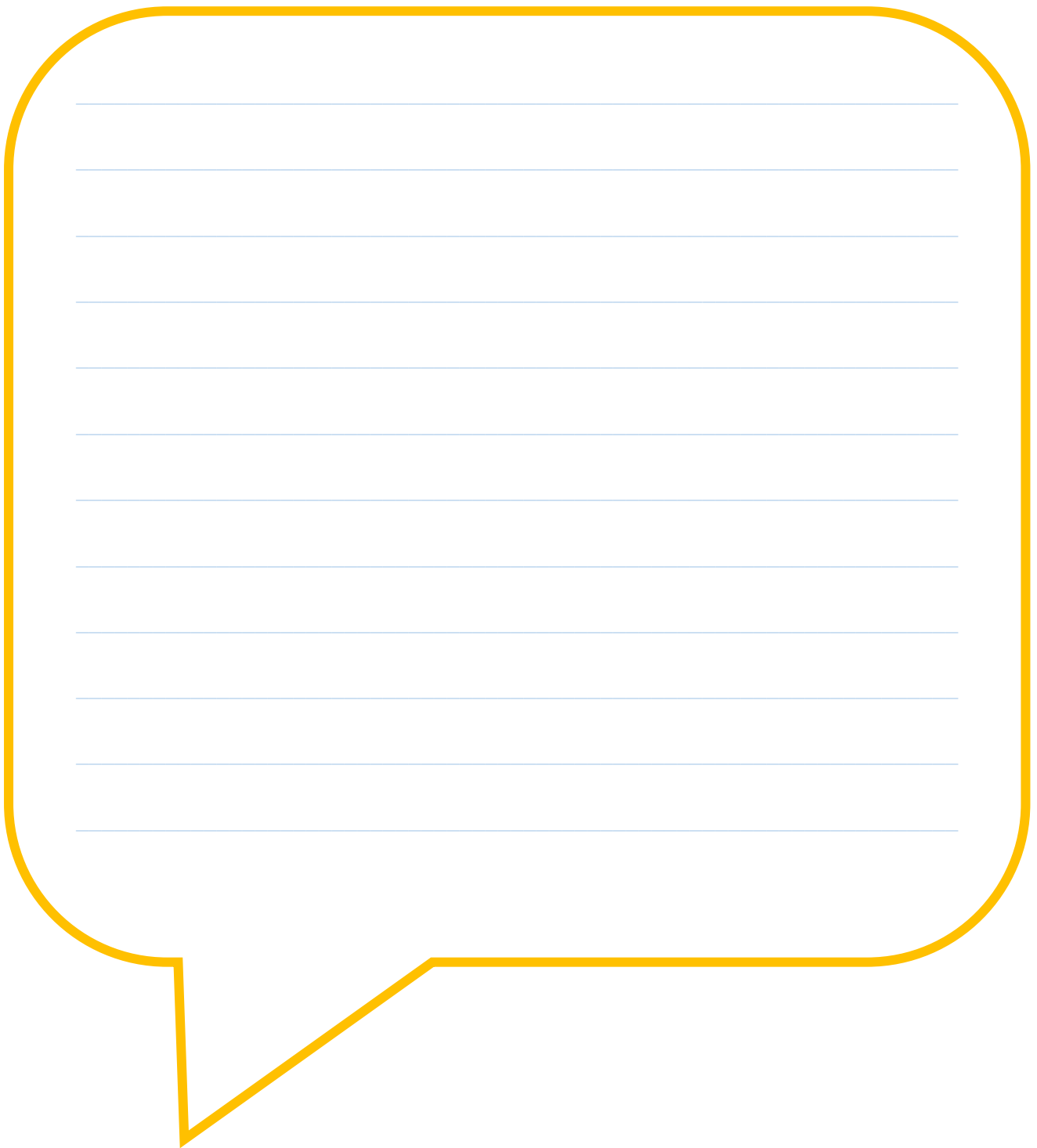
C. I live in the inner city and work in an office in the CBD. I walk to work and home again most week days. It takes me about 30 minutes to get to the office. I like walking to work as it energises me and starts my day with a clear head and the walk home gives me a chance to unwind. I sit at a computer most of the day, so the daily walk enables me to get in some exercise.

2. Use the information to complete the table

Name	How often do they walk?	Where do they walk?	Reason for walking
Anna			
George			
Ben			

3. Use the stories above to help write your own. Include things like:

- how often you walk
- where you walk
- why you walk
- who you walk with



A large yellow speech bubble with rounded corners and a tail pointing down and to the left. Inside the bubble are 15 horizontal blue lines for writing.

10. Walking puzzle

Work with a partner or small group

Read the clues to complete the table about 4 people and their walking habits.

Write the definites first.

Amira walks twice a week in her suburb of Yarraville.
May and Tony walk every day.
The person who wants to lose weight walks every day.
Tony walks to stay fit and to relax.
Joe goes on bushwalks twice a month with his mates.
The woman who walks in Yarraville walks with a Walking Group
May walks on her treadmill at home every day for an hour.
Tony walks his dog everyday around his neighbourhood.
The bushwalker and his mates go the country twice a month.
The person who walks by themselves uses a treadmill.
One of the women likes walking because she can socialise and stay fit.
Joe enjoys bushwalking because he loves being outdoors.

Walking Puzzle

Name				
Reason for walking				
Who they walk with				
When they walk				
Where they walk				

11. Picture prompts





12. More Ideas!

- Working with a partner, each choose a park/ reserve/ beach/ other walking destination in the area. Person A asks Person B how to walk from the school/ community centre to the destination. On Google maps, Person B looks up the walking directions, with the sound turned off, and gives Person A the directions verbally. Partners then swap over.
- A class outdoor walking activity involving a treasure hunt, e.g. finding something starting with each letter of the alphabet and writing the words onto a table, OR finding items that match descriptions, e.g. *something shiny, something furry, something round..etc* The class could prepare for this activity in the lesson prior to the walk, ensuring they all brought sunscreen, hats, water bottles, comfortable shoes, etc.
- Explore local area – students map out a walk with photos and points of interest. Native birds/ wildlife and plants. Victoria walks: <http://www.victoriawalks.org.au/>
- Recreational Walking
 - For physical and mental fitness. – why would you join a group? What benefits would there be?
 - Explore walking groups in local area. Identify any of these groups in your local area that you might like to join. Most run groups cater for walkers as well.
 - Fun runs <https://runcalendar.com.au/melbourne>
 - Walking for charities : read flyers
- Explore Different apps and websites to look at what is available.
 - Walking apps – best walking apps 2018
<https://www.verywellfit.com/best-walking-app-2015-readers-choice-awards-3435641>
 - Map my walk <http://www.mapmywalk.com/au/melbourne-victoria/>
 - Melbourne water Trails:
<https://www.melbournewater.com.au/community-and-education/recreation/walking-tracks-and-bike-paths>
- Sporting/ outdoor clothing catalogues
 - Calculate the cost for an outfit to go hiking, walking for fitness
 - Read the descriptions and compare the costs
 - Write a description for an outfit
- Pedometers
 - What they do?
 - How to use them?
 - Compare apps
 - Trial: How many steps? Discuss reasons for variations
 - Recommended number of steps each day