



# WALKABOUTS PLATFORM™

## FOR DISTRICT AND SCHOOL ADMINISTRATORS

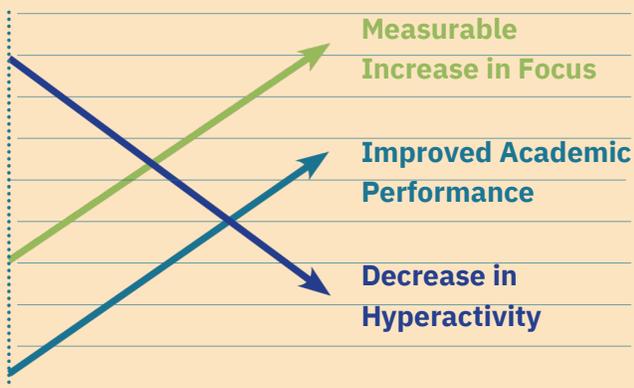
### General Information About the Walkabouts Platform

The Walkabouts Platform, a web-based, whole-child active learning solution, brings movement into everyday classroom instruction. With pre-K to 5th grade lessons correlated to state and national standards, educators can seamlessly integrate physical activity and mental fitness into math, ELA, reading, science, social studies, financial literacy, and test preparation—helping students learn better and feel better. The platform includes Walkabouts for pre-K to 2nd grade, 180s for 3rd to 5th grades, Worksheets (PDF worksheets with a movement component) for pre-K to 5th grade, and Moves, short movement break videos for pre-K to 5th grade.

To learn more, contact [support@walkabouts.com](mailto:support@walkabouts.com).

### Research on the Walkabouts Platform

Independent researchers at Iowa State University and the University of California at Irvine examined the impacts of Walkabouts as a supplement to traditional lessons versus controls with traditional lessons alone. Pre-K to 2nd grade students exposed to Walkabouts' standards-correlated, physically engaging lessons for eight weeks showed significant improvements in inattention, reduction in hyperactivity, and increase in classroom engagement, an indicator of academic performance in math and language arts. The Walkabouts Platform is the only movement-based supplement proven to increase focus, decrease hyperactivity, and increase classroom engagement, an indicator of academic performance in math and language arts.



When students engage with the Walkabouts Platform, research shows they experience:

- Increased engagement and academic achievement
- Improved classroom behavior and focus
- Fewer disciplinary referrals
- Stronger physical health and lifelong healthy habits

Vazou, S., Long, K., Lakes, K.D. et al. "Walkabouts" Integrated Physical Activities from Preschool to Second Grade: Feasibility and Effect on Classroom Engagement. Child Youth Care Forum 50, 39–55 (2021). <https://doi.org/10.1007/s10566-020-09563-4>

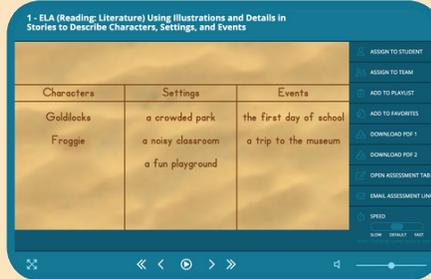
To read additional research behind the Walkabouts Platform, including research by Walkabouts Platform co-founder and CEO, Dr. Julian A. Reed, visit [walkabouts.com/research](https://walkabouts.com/research).



# WALKABOUTS PLATFORM™

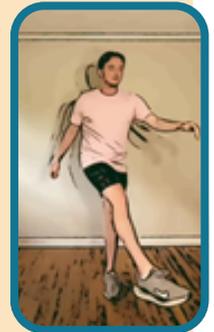
## Walkabouts (Pre-K to 2nd Grade)

Walkabouts are web-based, multisensory lessons for Pre-K to 2nd grade students that are correlated to language arts, reading, and math standards.



## 180s (3rd-5th Grade)

Around 180 seconds in length, the lessons integrate full-body gamification for fun, sports-related and outdoor activities.



## Worksheets (Pre-K to 5th Grade)

These worksheets with a movement component are correlated to Pre-K through 5th grade standards in language arts, reading, math, science, social studies, character education, test prep, financial literacy, and resiliency.

Name \_\_\_\_\_

**Comparing Attributes of Four Objects**  
Color the correct answer.

Which one is the heaviest in the real world?

Which one is the longest?

**Warm Up: Let's Move!**  
Find a friend in the classroom. Lift your knees as you walk to your friend. Now, stand back to back and compare your heights. Who is taller? Who is shorter?

Name \_\_\_\_\_

**Scrambled States**

Look at the outline of each state. Unscramble the letters in the state's name. Then, spell each state's name. Next, write each state's capital with its name.

State Shape	Scrambled State Name	State Name and State Capital
	giraivn	
	iimsruos	
	wcsinions	

**Warm Up: Get Moving!**  
Lunge as you spell the name of your state.

**Warm Up: Get Moving!**  
Lunge as you spell the name of your state.



## Walkabouts Platform Uses

### In the Classroom

The Walkabouts Platform is versatile and can be used for:

- Whole group lessons
- Small group lessons
- Independent work
- Homework

### Appropriate for All Students

The platform can be used in all pre-K to 5<sup>th</sup> grade classrooms including with multi-grade/multi-age classes, for special education and neurodiverse students, and in Montessori classrooms.

### When to Use the Platform

Walkabouts, 180s, and Walksheets can be used to:

- Introduce a lesson.
- Check for understanding.
- Review previously-taught material.
- Use as a formative assessment.

### 24/7 Access

The web-based Walkabouts Platform connects school and home with 24/7 access for students –both in the classroom and at home.

## What Do Teachers Say?

Samantha  
Forster  
(MN)

“Walkabouts, along with Walksheets, help improve learning and behavior.”

Jennifer  
Brown  
(VA)

“By doing our regular Walkabouts in the different subjects, I’ve seen improvement. If we do it more than once, the more students grasp it, the more confident they become in their ability to understand a topic.”

Julie  
Greer  
(SC)

“Walkabouts actually help a lot with classroom management.”

Read testimonials: [walkabouts.com/testimonials](https://walkabouts.com/testimonials)

Read teacher and administrator case studies: [walkabouts.com/about/case-studies](https://walkabouts.com/about/case-studies)