



Walking for Fitness

Approved by KSD Board of Education: February 23, 2026

Course Description:

This course is designed to help students develop the knowledge and skills necessary to maintain a healthy and active lifestyle through walking and other low-impact exercises. Emphasis will be placed on improving fitness, as students participate in a variety of fitness assessments and track their progress. The class will also explore walking techniques on different terrains and in varying weather conditions, helping students build confidence and adaptability in their fitness routines. Students should expect to walk daily in a variety of weather and temperatures. This course is only offered in the **Fall** semester.

Grade Level: 9th-12th

Unit Scope and Sequence

Unit 1: Safety

Unit 2: Building Endurance, Power, and Consistency

Unit 3: Benefits of Walking and Personal Growth

Course Enduring Understandings:

- Walking improves my mental health and wellbeing.
- Walking improves my physical health and is part of a healthy lifestyle.
- Goal-setting helps me to achieve timely and realistic expectations regarding my health.

Course Essential Questions:

- How does my engagement in class improve my physical fitness?
- How can setting goals affect my personal fitness growth?
- How can I demonstrate responsible personal and social behavior that respects self and others?
- How can I achieve and maintain health-enhancing levels of physical activity and fitness?

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Unit 1: Safety

In this unit, students learn how to stay safe and healthy during physical activity. They will practice safe walking habits, choose proper clothing for weather and exercise, use correct stretching techniques, and understand how hydration and nutrition support performance. These skills help build a strong foundation for lifelong wellness.

Unit Essential Learning Targets

<i>Enduring Understandings</i>	<i>Essential Questions</i>
• Practicing proper walking habits keeps me safe. • Appropriate dress prevents injury, sunburn, heat exhaustion, and cold weather related illness. • Practicing proper stretching technique prevents injury. • Proper hydration and nutrition promotes better health and performance outcomes.	• Why should I practice safe walking habits? • What should I wear for different weather and workouts? • How can I properly prevent injury? • How does hydration and nutrition affect my performance?
<i>Students must know:</i>	<i>Students must be able to:</i>
• How to walk safely around school and in the community. • Appropriate attire for weather and workout. • Proper stretching techniques. • The effects of proper hydration and nutrition on performance.	• Demonstrate how to walk safely in and around the community. • Discern appropriate dress for weather and workout. • Demonstrate proper stretching techniques. • Understand the importance of proper hydration and nutrition to support their individual needs.

Missouri (MO SHAPE) Learning Standards

Priority Standard: Develops social skills through movement (3).

Supporting Standards

- 3.12.6 Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).

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Unit 2: Building Endurance, Power, and Consistency

This unit teaches students how daily walking and goal setting support a healthy lifestyle. Students will build endurance and power, learn to walk in different terrains, and create SMART fitness goals. By the end, they will improve their fitness and track personal growth.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
- Walking daily can improve my health and wellbeing. - Setting fitness goals helps achieve a healthy lifestyle and personal growth.	- How can walking improve my fitness? - How can I increase my endurance? - How can I increase my power? - How do I walk in different terrain? - How do I create a SMART fitness goal?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Examples of low impact and resistance training exercises - Techniques for increasing endurance and power - Techniques for walking in different terrains - How to create a SMART fitness goal - How to monitor heart rate - How to maintain proper posture - How to track pace while walking	- Walk daily for an extended amount of time and distance. - Demonstrate walking technique to improve endurance and power. - Walk in different terrains and temperatures. - Develop and reflect on personal goals. - Monitor heart rate. - Maintain proper posture. - Track pace while walking.

Missouri Learning Standards
Priority Standard 1: Develops a variety of motor skills. Supporting Standard: Demonstrates activity-specific movement skills in a variety of lifetime sports and activities (1.12.1).
Priority Standard 2: Applies knowledge related to movement and fitness concepts. Supporting Standards: - Demonstrates knowledge of tactics and strategies within lifetime sports & activities (2.12.1). - Discusses the benefits of a physically active lifestyle as it relates to young adulthood (2.12.11).

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Unit 3: Benefits of Walking and Personal Growth

This unit will focus on the mental, emotional, and social benefits of walking. Students will develop routines that improve confidence and create healthy habits.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
- Walking can reduce stress, boost mood, and improve academic performance. - Walking regularly builds healthy habits into the daily routine. - Being active and working towards a goal can increase your confidence. - Walking with others encourages social interaction and bonding. - Walking regularly builds overall fitness and can support other physical activities. - Regular physical activity supports better behavior and attention in academic settings.	- How does being active and working towards a goal increase confidence and build healthy habits? - How does walking in a class encourage social interactions? - How does walking improve mental, emotional and social health?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Signs of stress - Effects of stress on their body and mind - Benefits of walking on their mind and body	- Demonstrate purposeful engagement. - Reflect on how walking benefited their body and mind.

Missouri Learning Standards
Priority Standard: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. (4) Supporting Standards: - Identifies and participates in physical activity that positively affects health. (4.12.3) - Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. (4.12.9)