

30 day WALKING CHALLENGE



Normal walking



Moderately fast walking



Fast walking

DAY 1 5 MIN 	DAY 2 6 MIN 	DAY 3 7 MIN 	DAY 4 8 MIN 	DAY 5 9 MIN 	DAY 6 10 MIN 
DAY 7 REST	DAY 8 5 MIN  1 MIN  4 MIN 	DAY 9 4 MIN  2 MIN  4 MIN 	DAY 10 4 MIN  3 MIN  3 MIN 	DAY 11 3 MIN  4 MIN  3 MIN 	DAY 12 3 MIN  5 MIN  2 MIN 
DAY 13 2 MIN  6 MIN  2 MIN 	DAY 14 REST	DAY 15 4 MIN  1 MIN  1 MIN  1 MIN  3 MIN 	DAY 16 3 MIN  1 MIN  2 MIN  1 MIN  3 MIN 	DAY 17 2 MIN  2 MIN  2 MIN  2 MIN  2 MIN 	DAY 18 2 MIN  2 MIN  2 MIN  3 MIN  1 MIN 
DAY 19 1 MIN  3 MIN  2 MIN  3 MIN  1 MIN 	DAY 20 1 MIN  2 MIN  3 MIN  3 MIN  1 MIN 	DAY 21 REST	DAY 22 1 MIN  2 MIN  4 MIN  2 MIN  1 MIN 	DAY 23 1 MIN  1 MIN  5 MIN  2 MIN  1 MIN 	DAY 24 1 MIN  1 MIN  6 MIN  1 MIN  1 MIN 
DAY 25 1 MIN  7 MIN  1 MIN  1 MIN 	DAY 26 1 MIN  8 MIN  1 MIN 	DAY 27 1 MIN  9 MIN  1 MIN 	DAY 28 REST	DAY 29 1 MIN  10 MIN  1 MIN 	DAY 30 1 MIN  10 MIN  1 MIN 

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Sight Words List Walking Workout Latest

Martha Dallmann



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First Grade Fun, Fitness & Learning, Grade 1 Maiden,2012-01-03 Incorporate activities that energize and engage students in grade 1 using Fun Fitness and Learning This 64 page book includes 55 large group activities in which students use locomotor or nonlocomotor skills while activating their thinking skills To reinforce what has been learned during the group activities students complete half page exercises for individualized skill practice Lessons in this dynamic resource cover topics such as phonemic awareness weather writing mechanics grammar numbers geometry and measurement plants and animals maps citizenship and fitness The book supports NCTM and NCTE standards

Spelling Gr. 3 A Complete Strategy Based Program , Teaching Struggling and At-risk Readers Douglas Carnine,2006 Teaching Struggling and At Risk Readers A Direct Instruction Approach is designed to provide specific information to assist educators in being effective teachers of reading with all of their students This three part book provides information on incorporating instructional design and delivery principles into daily instruction for students at the beginning and primary stages of reading It discusses Structuring initial teaching procedures so teaching presentations are clear and foster a high degree of interaction between teachers and students Using language and demonstration techniques that can be understood by all students Sequencing the instruction of reading content to ensure essential skills and knowledge are taught in an aligned and coherent manner Using techniques that provide adequate practice and review for students in developing high levels of fluency and accuracy

A Manual for Teachers of Primary Reading Emma K. Gordon,1910 **Direct Instruction Reading** Douglas Carnine,2010 For courses in Direct Reading Instruction Remedial Reading and Reading for Special Education Students Thoroughly integrating the latest guidelines from the National Reading Panel this is a practical guide to teaching reading via the direct instruction reading approach a proven program that s especially powerful with the most vulnerable learners those at risk because of poverty disability limited English Rather than simply list method after method these nationally known and respected authors provide a specific repertoire of carefully sequenced highly prescriptive procedures for teaching decoding comprehension content reading and study skills For each skill to be taught they recommend strategies discuss optimal timing offer examples and explain how to correct errors In addition they thoughtfully examine the relationships among different reading skills

The Rational Method in Reading Edward Gendar Ward,1916

Building Blocks to Spelling Susanne Schaeffer,2003-01-15 Provides a 32 week spelling program that is designed to teach students the phonics rules for spelling

A Reference List of Audiovisual Materials Produced by the United States Government, 1978 National Audiovisual Center,1978

The Teaching of Reading John James DeBoer,Martha Dallmann,1970

The Alphabet Connection Pam Palewicz-Rousseau,Lynda Madaras,1979

The Teaching of Reading Martha Dallmann,1974

A Reference List of Audiovisual Materials Produced by the United States Government ,1978 A Reference List of Audiovisual Materials Produced by the United States Government National Audiovisual Center,1978

Lesson Planning and Illustrative Lesson Plan John McFarland Foote,1926 Research and Practice for Persons with
Severe Disabilities ,2007 **Training and Habilitating Developmentally Disabled People** Richard M. Wielkiewicz,1989
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