

Judy Radigan
Lewiston High School
LD 1817

As a high school teacher I have used outside learning to inspire students. We have gone for heart rate walks, re test walks with reviews in hand. we have also created chalk drawing os circle, parabolas, ellipses, and drawn the sieve of Eratosthenes as an exercise for remembering important properties and getting exercise, fresh air, collaboration, cooperation and social skill work. With 80 minute periods there is time for refreshing students air and exciting their brains. I particularly liked the heart rate practice as a ratio and proportion exercise. The nurse also visited and took the students blood pressure. Over the years the nurse thanked me because she was alerted to several students with health issues. This program will empower more teachers to take their students outside to see the real application of what they are learning.