



ROGUE Leader

One Page PD: Podcasts & Pedometers

Podcasts can serve as a great form of professional development for educators. Pair a podcast with a chance to get out and walk, and you've got a winning combination. Thanks to Meredith Akers for the inspiration! Try Podcasts & Pedometers for your next PD session!

1. Pick a date and time for your Podcasts & Pedometers group to meet.
2. Gather everyone outside (if weather permits or use the gym/cafeteria if weather doesn't cooperate).
3. Decide on which Podcast you will listen to. If everyone is listening to the same podcast, you can play it through a portable speaker system. If everyone is choosing their own podcast, just remind each person to bring their own phone/headphones.
4. Set a specific amount of time to walk (20 minutes) or an end time. (If you are walking before school, five minutes before the first bell is the perfect cut off!)
5. Hit play and begin walking!
6. With about five minutes left, bring everyone back together in a large circle. Each person takes 15-30 seconds to share their main takeaway from the session!

Some Great Edu-Podcast recommendations to get started:

[The Creative Classroom](#), [Cult of Pedagogy](#), [Podcast PD](#), and [StartEdu](#)