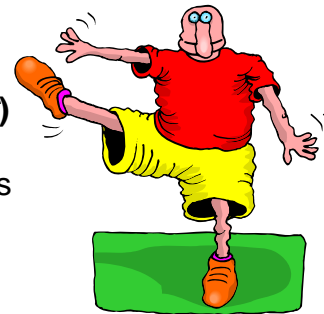


Deskercise

Grades K-5 185 Lessons 10 minutes each (Soon in *StreamlineSC*)

This series of 185 lessons, each 10 minutes and built around 37 weekly themes for elementary students, are available on the K-12 IMC and soon will be in *StreamlineSC* too!



Each month's programs repeat the second Wednesday of the month before needed. Example: November Theme programs air October 12, 8:00–11:52 a.m. on the IMC.

- Five 10-minute lessons in each theme so educators can use one each day.
- Each interesting lesson includes a warm-up and cool-down segment along with the more robust theme-based activity segment and features animation combined with live action.
- The core activity segment is the same for the entire week of programs, but warm-up and health tips are varied.
- Host Slim Goodbody provides pertinent information, even a brief geography lesson, while encouraging physical activity appropriate for young students to do while standing by their desks.
- The series was developed in cooperation with the American Association for Health Education (AAHE).

Unlimited broadcast/off-air record rights, including duplication rights

For schedule, check *eMedia Update* at www.emedia.scetv.org or see your media specialist!

SEPTEMBER

1. Labor Day
2. Grandparents Day
3. Mayflower Day
4. Family Health And Fitness Day

OCTOBER

5. International Dinosaur Month
6. Explorers' Day
7. Fall And The Autumnal Equinox
8. Red Ribbon Week

NOVEMBER

9. Election Day
10. Veteran's Day
11. Children's Book Week
12. Thanksgiving Day

DECEMBER

13. The 12th Month
14. National Handwashing Awareness Week
15. Winter

JANUARY

16. New Year
17. Circus
18. Martin Luther King Day
19. First Winter Olympics

FEBRUARY

20. Ground Hog Day
21. Valentines Day
22. President's Day
23. Leap Year

MARCH

24. National Nutrition Month
25. Johnny Appleseed Day
26. Iditarod
27. Spring

APRIL

28. April Fools Day
29. National Library Week
30. Earth Day
31. National Youth Sports Safety Month

MAY

32. Cinco Des Mayo
33. National Physical Fitness And Sports Month
34. Better Sleep Month
35. Memorial Day

JUNE

36. First American To Walk In Space
37. Flag Day