

Deskercise

Grades K-5 185 Lessons, 10 minutes each (Added to ITV schedule in 2006)

Designed for use in elementary students to use while standing at their desks!

185 interactive lessons - ten minutes each and built around 37 weekly themes

- 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.
- Slim Goodbody is the host of the attention-keeping programs that provide 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 (NOT in *StreamlineSC*)

Air in ITV schedule on 2nd Wednesday of month before starting at 9:00 a.m. on channel 1. (Example: October programs air September 9.) For schedule, see the monthly *ITV Update* at www.itv.scetv.org or talk to 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 EQUANOX
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. NATIONL 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

