

Deskercise

NEW ITV Series Includes Citizenship Topic

This new ITV series for 2006-07 is provided by the State Department of Education via ETV's digital satellite channels to SC public schools. It is a FREE resource designed for use in elementary schools. The series consists of 185 interactive lessons, which are ten minutes each and built around 37 weekly themes.

- Each interesting lessons includes a warm-up and cool-down segment along with the more robust theme-based activity segment. 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.
- Animation is combined with live action to make the lessons visually interesting and fun.

Unlimited broadcast/off-air record rights – no tape duplication* (ITV is working on getting duplication rights for this series.)

Election Theme: The 10-minute **Deskercise** programs are built around a weekly theme. November's theme for the first week is Election Day. The five programs, each 10 minutes, for this week all contain the same core exercise segment that relates information on the importance of participating in the election process, presenting this information in a fun, informative manner that is right on target for elementary age students. The students learn about running for political office, the major political parties and how important it is to exercise their rights and responsibilities by voting.

Each of the five programs with the Election Day theme begins with a different warm-up segment about a place in a different state and ends with a different short health tip, but the core exercise-at-your-desk segment is the same the entire week. The programs are designed for students to use right at their desks, but can be used in other ways.

Dr. Ruth Earls, Physical Education Consultant with the SC Department of Education, exclaimed that by providing this series, ITV had given her something better than the best holiday present! She encourages elementary library media specialists to help their physical education teachers access this FREE video-based resource and assist teachers in using it effectively with their students.

There are two ways to access **Deskercise** – by monthly or weekly block feeds:

- 1) ITV will block feed the entire month's programs (usually 4 weeks or 20 programs) during the middle of each month PRIOR to when they are recommended for use according to the weekly themes.
- 2) In addition, each week's programs will be block fed the week before recommended for use according to monthly themes.

Check the *ITV Update* for the broadcast schedule or access the flyer at www.itv.myetv.org. See bullet "Many ITV Flyers Available for Download."

Deskercise Schedule

Deskercise

Grades: K–5 60 Minutes/37 Lessons

This series contains 5 ten-minute lessons per week on a common theme, designed for schools to use one program a day.

We will block feed each month's programs (usually 4 weeks or 20 programs) the middle of the month prior to when they are recommended for use according to the themes. Also, we will block feed each week's programs (5 programs) the week before they are recommended for use.

Rights: Unlimited broadcast/off-air-record use (no tape duplication)

Weekly Schedule

Schedule for 5 programs each week

Approx.	Cat. No.	8:30 am	8:30 am	Length
<u>Weekly Theme</u> (5 lessons each)				
1. Labor Day	1706-0001	Aug. 29	Aug. 31	1:00:00
2. Grandparents Day	1706-0002	Sep. 5	Sep. 7	1:00:00
3. Mayflower Day	1706-0003	12	14	1:00:00
4. Family Health and Fitness Day	1706-0004	19	21	1:00:00
5. International Dinosaur Month	1706-0005	26	28	1:00:00
6. Explorers' Day	1706-0006	Oct. 3	Oct. 5	1:00:00
7. Fall and the Autumnal Equinox	1706-0007	10	12	1:00:00
8. Red Ribbon Week	1706-0008	17	19	1:00:00
9. Election Day	1706-0009	24	26	1:00:00
10. Veteran's Day	1706-0010	31	Nov. 2	1:00:00
11. Children's Book Week	1706-0011	Nov. 7	9	1:00:00
12. Thanksgiving Day	1706-0012	14	16	1:00:00
13. The 12th Month	1706-0013	17	21	1:00:00
14. National Handwashing Awareness...	1706-0014	28	30	1:00:00
15. Winter	1706-0015	Dec. 5	Dec. 7	1:00:00
16. New Year	1706-0016	12	14	1:00:00
17. Circus	1706-0017	Jan. 2	Jan. 4	1:00:00
18. Martin Luther King Day	1706-0018	9	11	1:00:00
19. First Winter Olympics	1706-0019	16	18	1:00:00
20. Ground Hog Day	1706-0020	23	25	1:00:00
21. Valentine's Day	1706-0021	30	Feb. 1	1:00:00
22. President's Day	1706-0022	Feb. 6	8	1:00:00
23. Leap Year	1706-0023	13	15	1:00:00
24. National Nutrition Month	1706-0024	20	22	1:00:00
25. Johnny Appleseed Day	1706-0025	27	Mar. 1	1:00:00
26. Iditarod	1706-0026	Mar. 6	8	1:00:00
27. Spring	1706-0027	13	15	1:00:00
28. April Fool's Day	1706-0028	20	22	1:00:00
29. National Library Week	1706-0029	27	29	1:00:00
30. Earth Day	1706-0030	Apr. 3	Apr. 5	1:00:00
31. National Youth Sports Safety Month	1706-0031	10	12	1:00:00
32. Cinco des Mayo	1706-0032	17	19	1:00:00
33. National Physical Fitness and Sports...	1706-0033	24	26	1:00:00
34. Bette Sleep Month	1706-0034	May 1	May 3	1:00:00
35. Memorial Day	1706-0035	8	10	1:00:00
36. First American to Walk	1706-0036	15	17	1:00:00
37. Flag Day	1706-0037	22	24	1:00:00

Block Feed Schedule (end time is approximate – less than one hour for all five lessons)

<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
5. International Dinosaur Month	1706-0005	Oct. 3	305	9:30	10:30
6. Explorers' Day	1706-0006	Oct. 3	305	10:30	11:30
7. Fall and the Autumnal Equinox	1706-0007	Oct. 3	305	11:30	12:30
8. Red Ribbon Week	1706-0008	Oct. 3	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
5. International Dinosaur Month	1706-0005	Oct. 5	305	9:30	10:30
6. Explorers' Day	1706-0006	Oct. 5	305	10:30	11:30
7. Fall and the Autumnal Equinox	1706-0007	Oct. 5	305	11:30	12:30
8. Red Ribbon Week	1706-0008	Oct. 5	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
9. Election Day	1706-0009	Oct. 10	305	9:30	10:30
10. Veteran's Day	1706-0010	Oct. 10	305	10:30	11:30
11. Children's Book Week	1706-0011	Oct. 10	305	11:30	12:30
12. Thanksgiving Day	1706-0012	Oct. 10	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
9. Election Day	1706-0009	Oct. 12	305	9:30	10:30
10. Veteran's Day	1706-0010	Oct. 12	305	10:30	11:30
11. Children's Book Week	1706-0011	Oct. 12	305	11:30	12:30
12. Thanksgiving Day	1706-0012	Oct. 12	305	12:30	1:30

<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
13. The 12th Month	1706-0013	Nov. 14	305	9:30	10:30
14. National Handwashing...	1706-0014	Nov. 14	305	10:30	11:30
15. Winter	1706-0015	Nov. 14	305	11:30	12:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
13. The 12th Month	1706-0013	Nov. 16	305	9:30	10:30
14. National Handwashing...	1706-0014	Nov. 16	305	10:30	11:30
15. Winter	1706-0015	Nov. 16	305	11:30	12:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
16. New Year	1706-0016	Dec. 5	305	9:30	10:30
17. Circus	1706-0017	Dec. 5	305	10:30	11:30
18. Martin Luther King Day	1706-0018	Dec. 5	305	11:30	12:30
19. First Winter Olympics	1706-0019	Dec. 5	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
16. New Year	1706-0016	Dec. 7	305	9:30	10:30
17. Circus	1706-0017	Dec. 7	305	10:30	11:30
18. Martin Luther King Day	1706-0018	Dec. 7	305	11:30	12:30
19. First Winter Olympics	1706-0019	Dec. 7	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
20. Ground Hog Day	1706-0020	Jan. 9	305	9:30	10:30
21. Valentine's Day	1706-0021	Jan. 9	305	10:30	11:30
22. President's Day	1706-0022	Jan. 9	305	11:30	12:30
23. Leap Year	1706-0023	Jan. 9	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
20. Ground Hog Day	1706-0020	Jan. 11	305	9:30	10:30
21. Valentine's Day	1706-0021	Jan. 11	305	10:30	11:30
22. President's Day	1706-0022	Jan. 11	305	11:30	12:30
23. Leap Year	1706-0023	Jan. 11	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
24. National Nutrition Month	1706-0024	Feb. 13	305	9:30	10:30
25. Johnny Appleseed Day	1706-0025	Feb. 13	305	10:30	11:30
26. Iditarod	1706-0026	Feb. 13	305	11:30	12:30
27. Spring	1706-0027	Feb. 13	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
24. National Nutrition Month	1706-0024	Feb. 15	305	9:30	10:30
25. Johnny Appleseed Day	1706-0025	Feb. 15	305	10:30	11:30
26. Iditarod	1706-0026	Feb. 15	305	11:30	12:30
27. Spring	1706-0027	Feb. 15	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
28. April Fool's Day	1706-0028	Mar. 13	305	9:30	10:30
29. National Library Week	1706-0029	Mar. 13	305	10:30	11:30
30. Earth Day	1706-0030	Mar. 13	305	11:30	12:30
31. National Youth Sports Safety...	1706-0031	Mar. 13	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
28. April Fool's Day	1706-0028	Mar. 15	305	9:30	10:30
29. National Library Week	1706-0029	Mar. 15	305	10:30	11:30
30. Earth Day	1706-0030	Mar. 15	305	11:30	12:30
31. National Youth Sports Safety...	1706-0031	Mar. 15	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
32. Cinco des Mayo	1706-0032	Apr. 17	305	9:30	10:30
33. National Physical Fitness...	1706-0033	Apr. 17	305	10:30	11:30
34. Bette Sleep Month	1706-0034	Apr. 17	305	11:30	12:30
35. Memorial Day	1706-0035	Apr. 17	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
32. Cinco des Mayo	1706-0032	Apr. 19	305	9:30	10:30
33. National Physical Fitness...	1706-0033	Apr. 19	305	10:30	11:30
34. Bette Sleep Month	1706-0034	Apr. 19	305	11:30	12:30
35. Memorial Day	1706-0035	Apr. 19	305	12:30	1:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
36. First American to Walk	1706-0036	8	305	9:30	10:30
37. Flag Day	1706-0037	8	305	10:30	11:30
<u>Weekly Theme</u> (5 lessons each)	CAT. NO.	DATE	CH.	START	END
36. First American to Walk	1706-0036	10	305	9:30	10:30
37. Flag Day	1706-0037	10	305	10:30	11:30

SPECIAL NOTE: This schedule grid contains additional blockfeeds of weeks 5–8.