

# Getting Your Exercise at School

By Samuel Stokes (<https://www.SamuelStokesMusic.com>)

*(JENNY is a middle schooler who really likes to exercise but has difficulty finding the time in her busy schedule, so she brings an under-desk bicycle pedal to school. She is onstage pedaling at a student desk with an under desk pedal exerciser. An ANNOUNCER offstage introduces her.)*

ANNOUNCER: Jenny is in the 8<sup>th</sup> grade and she loves to exercise, but with her busy schedule, she has trouble finding enough time to get it all in.

JENNY: Sure, P.E. is great but what about the rest of the day?

ANNOUNCER: That's why Jenny has upgraded from her regular student desk to SpinningDesk!

JENNY: Now I can exercise during every period of the day.

ANNOUNCER: You can pedal during math.

JENNY: Spin those pedals. Hands in the air. The area of a circle is Pi r squared!

ANNOUNCER: Social studies.

JENNY: We the people, in order to form a more perfect muscle tone, pedal until our calves and thighs are as tough as stone!

ANNOUNCER: Science.

JENNY: Keep on pedaling, we've got miles to go. Work 'til you sweat lots of H<sub>2</sub>O!

ANNOUNCER: ELA.

JENNY: If you want to make your workout more intense, keep pedaling longer than a run-on sentence!

ANNOUNCER: Music.

JENNY: Uh-1, uh-2, uh-1, 2, 3, 4. Pedal to the rhythm and they'll shout for an encore!

ANNOUNCER: Art.

JENNY: Spin those pedals right and sure! Make your body like a Greek sculpture!

ANNOUNCER: For only \$199.99, you can have your very own SpinningDesk, and you can stay in shape just like Jenny!

JENNY: I never go to class without it!