

INTERACTIVE

Travis was a TV and movie buff. He saw most major pictures at the theater, had every streaming service, and loved reading commentary on shows.

Travis was getting nervous about his hobby though. He rarely did physical activity and was not in shape. His family liked to go on weekend hikes and Travis could never keep up. He ended up getting frustrated and the hike was usually ruined. Travis knew he was young and should be able to run around with all the other kids but he didn't play any sports and spent most of his free time watching TV.

One day in school, his physical education teacher brought out exer-games. It was like a video game but he had to move around to use it. Travis was fascinated. He felt like he was inside a movie that was telling a great story, but didn't even realize he was moving around while doing it. After playing for 30 minutes, Travis was exhausted, but he felt great!

That night, Travis explained exer-games to his family, and they all seemed intrigued. Instead of a hike this weekend, they opted to go buy a game and try it out as a family.

On Saturday, the family all played an exer-game which took place on a tropical island. Everyone worked up a sweat and enjoyed visiting a new world.

Travis promised himself to do an hour of working out every single day with the exer-game. It felt like a win-win.

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Guiding Questions:

- Why is exercise important?
- How can media and technology replace physical activity?
- How did Travis balance technology and physical education in the beginning and end?
- How can media and technology continue to improve with exercise?
- Have you tried anything like this? What and where? How did it feel?

Topic: Gaming, Media Balance and Dynamics

Age: Elementary School