Dear Brent Bears,

As your specials teachers we have a unique opportunity to share our subjects with you year after year and watch you grow. This year has been unlike any other school year that we have had before. While the changes have meant that we have missed out on many of the routines, events and celebrations that have traditionally marked our years together, you have shown that, no matter what, you are still musicians and actors, artists and scientists, athletes and students. As your teachers, we want you to know that you’re valued for the person you are, you are loved and supported, and each you have so many unique ways to interact with your environment.

We hope that through our passion for our individual subjects, and for teaching in general, we have shown you ways that you can be engaged with your environment no matter what that environment looks like. You have demonstrated how you can make amazing artwork out of materials you found outside and at home. As scientists you have documented and studied the wildlife and natural phenomena in your own backyards. You have made music with your voices and homemade instruments and stayed fit and active in a time when getting out and moving around isn’t easy. Through all of these actions you have learned the most important lesson of all: that you can control the one thing that really matters - your own selves. No matter what form summer takes, whether it contains those things you have come to expect or not, we, your teachers, love you and we’ll be here for you.
Coach J has created some dance videos for your enjoyment!
Stay: [https://youtu.be/zAQ6Zj_EXzY](https://youtu.be/zAQ6Zj_EXzY)
Take You to Rio: [https://youtu.be/QGeYFf9m31c](https://youtu.be/QGeYFf9m31c)
(1st and 3rd: Continue to master these moves!)
Jerry Sprunger: [https://youtu.be/cKEuh1uS5uQ](https://youtu.be/cKEuh1uS5uQ)
Out West: [https://youtu.be/ALWD9KQ7jiY](https://youtu.be/ALWD9KQ7jiY)
Kontrol: [https://youtu.be/lIIF9MzB0c](https://youtu.be/lIIF9MzB0c)

(Parents: These are short tutorial clips on YouTube; if your device settings allow the next video to play automatically, please keep an eye out; often music videos are the next to load. Also, these are dances that are popular on the TikTok app, but the minimum age for TikTok is 13 and, while the dances are fun, the app is not appropriate for elementary age kids.)

If you are really looking for a tough workout, you could try Tae Bo cardio workouts with Billy Blanks. These use a combination of martial arts and cardio movements to provide some intense exercise!

**Video 1**
**Video 2**

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**PLAYWORKS GAMES**

to play at home

The [Playworks Youtube Channel](https://www.youtube.com/c/Playworks) is a great place to start! Then there are lots of games to play at home, including:

- Warm-Up with Coach M from Chicago
- Beans on Toast
- Up Down Stop Go
- One Step Back
- Huckle Buckle Beanstalk
- Blizzard
- The Big Cheese
- The Floor is Lava with Coach Stin from Pennsylvania