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.
SUMMER P.E.
COACH BRIAN MITCHELL

• Visit my YouTube channel to access videos of kids working out with me by clicking here: https://www.youtube.com/channel/UCVNINIKZJtt4f0DCB0xYklcg?view_as=subscriber

• Participate in free workout videos on YouTube (P.E. With Joe) by clicking here: https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ

• Stretch, bend and get moving with the Cosmic Kids Yoga YouTube channel, where you’ll find 10-20 minute guided yoga workouts for preschool to elementary school-aged kids. https://www.youtube.com/user/CosmicKidsYoga

• Dancing is one of the easiest ways to get your body moving. Kids follow the moves on this YouTube-based dance challenge, they won’t even realize they’re getting in a great cardio workout. Click here: https://www.youtube.com/channel/UC0Vlhde7N5uGDIFFXXWWWebFQ

• Preschoolers can practice balance and coordination while also practicing everything from colors to numbers to the ABCs in Coach Josh’s fun workout show, streaming now on Amazon Prime Video. https://www.amazon.com/Dancing-Animal-Action-Toddlers-Coach/dp/B07W118DHD/ref=sr_1_5?dchild=1&keywords=exercise+for+kids&qid=1584660524&s=instant-video&sr=1-5

• A place for fitness, workouts, and wellness … just for kids. Need a simple way to get your kids moving? Simply choose the age category, press play and stream to any device. Find over 100 sessions categorized by age group. https://thekidscoach.tv/

• Get fit with a little monkey business! Moovelee is an animated monkey that leads 4-10 minutes workout videos for kids ages 3-5. With a focus on meditation, yoga, and cardio, Moovelee will get your kids moving. https://www.youtube.com/channel/UCsSS5kMpcjHhTM9-HKHg/featured

Virtual PE Apps

Nike Training Club https://www.nike.com/ntc-app


Go Noodle https://www.gonoodle.com/