

Tiffany Park Families,

I hope everyone is being safe and practicing social distancing. I don't know about you but the longer this goes on the harder it is becoming for me. Stay the course Tigers. I know it is hard but staying six feet apart and staying at home is what we need to be doing to stay healthy. I cannot express how much I miss seeing you in the gym and around Tiffany Park. If you are reading this please shoot me an email at Anthony.collins@rentonschools.us. I would love to hear how you are staying active at home and just how you are doing.

As always, on with the show. Did you know that we missed the spring social this year? We have had a spring social at Tiffany Park for many years. That is the day the whole community comes and performs line dances in the gym. Social distancing does not allow for us to do that at Tiffany Park this year. So, I have created links below to some of the dances that we perform every year. All of these are on YouTube and hopefully the links are in safe mode. I wish I was teaching them to you. As I perform these videos at home, I have to say, it was a lot more fun in the gym with all of you working with me.

I have it set up for k-2 to do easier dances and 3-5 to do some that are a little harder. I always have my students practice all the dances, so that during the spring social, they all have some idea of how to perform all the dances. So, what I am saying is older students can perform the younger dances and the younger students can try the older dances. It might just take them longer to learn them.

As always, any exercise you are doing with your family counts. It is important that we try to stay healthy by exercising some every day. I really don't care what kind of exercise you are doing. If you can send me a picture or write about it in an email that would be great. I would love to know how you are staying healthy. I know that a lot of people come to the spring social every year. I know that the videos below are not as good as us performing them in the gym. But it is something that I hope will get your family up off the couch and move around inside your homes. So, scroll down and click away to get your body moving. Remember, mistakes are going to happen. It is ok. You really must watch the videos about three times each to get the moves down. And you all know that Mr. Collins has been watching them 5 and 6 times each, because I am slow. So, take your time and have fun. If you know the dances already put the music on and teach the dance yourself to your family. If not, click on the link and follow along. Have fun, stay safe, stay healthy and please send me an email about how the dances or any other exercise you are doing.

Sincerely,

Tony Collins

Anthony.collins@rentonschools.us

Physical Education

Tiffany Park Elementary

(Scroll down)

Tiffany Park Spring Social Dance moves April 27 – May 1st.

Days:	Monday	Tuesday	Wednesday	Thursday	Friday
Skill: Rhythm and Balance					
Row 1 K-2	<p>Power https://safeYouTube.net/w/21A7</p> <p>The Chicken Dance https://safeYouTube.net/w/oMA7</p> <p>Electric music Minions dance along. K-2 https://safeYouTube.net/w/SNA7</p>	<p>Cha Cha Slide https://safeYouTube.net/w/FqB7</p> <p>The Sid Shuffle https://safeYouTube.net/w/HRA7</p> <p>I like to move it, move it K-2 https://safeYouTube.net/w/WTA7</p>	<p>What makes you beautiful Wii https://safeYouTube.net/w/3VA7</p> <p>Jump Jump https://safeYouTube.net/w/uXA7</p> <p>Wii Hokey Pokey https://safeYouTube.net/w/9ZA7</p>	<p>Will I am and Justin Bieber that power https://safeYouTube.net/w/6bB7</p> <p>Price Tag https://safeYouTube.net/w/7eB7</p> <p>Dynamite https://safeYouTube.net/w/BgB7</p>	<p>Friday is making up your own dance or pick your favorite from the week.</p> <p>You might remember ones we did that are not listed. Perform them and send me a picture I would love to see you dancing. Stay safe Tigers</p>
Skill: Rhythm and Balance					
Row 2 3-5	<p>Cha Cha Slide https://safeYouTube.net/w/FqB7</p> <p>Cupid Shuffle https://safeYouTube.net/w/G0B7</p> <p>Go Noodle Can't stop the feeling dance along https://safeYouTube.net/w/h4B7</p>	<p>Better When I Dancing https://safeYouTube.net/w/37B7</p> <p>Price Tag https://safeYouTube.net/w/7eB7</p> <p>Kids learn Can't stop the feeling tutorial https://safeYouTube.net/w/SDB7</p>	<p>Uptown Funk https://safeYouTube.net/w/MGB7</p> <p>Dynamite https://safeYouTube.net/w/BgB7</p> <p>Kids Bop old town Road https://safeYouTube.net/w/RKB7</p>	<p>High School Musical Dance Along Tutorial https://safeYouTube.net/w/kNB7</p> <p>Electric slide tutorial https://safeYouTube.net/w/ROB7</p> <p>Kids bop can't stop the feeling Tutorial 3-5 https://safeYouTube.net/w/bQB7</p>	<p>Friday is making up your own dance or pick your favorite from the week.</p> <p>You might remember ones we did that are not listed. Perform them and send me a picture I would love to see you dancing. Stay safe Tigers</p>

P.E. Standards:

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns

- 1.1, 1.2, 1.3,1.4

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance

- 2.1, 2.4

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- 3.7

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1,5.2,5.3