

WELCOME BACK TO STERLING HEALTH/PE

A WELCOME MESSAGE BY MR. SHEEHAN

Hello, my name is Mr. Sheehan

Welcome Back Sterling Students! Can not wait to hit the ground running this year. We are getting outside as much as possible this Fall so make sure your student is dressing for the potential weather.

In health news, Middleschoolers will start off with: 8th: CPR/AED/FA, 7th: fitness & 6th: the Health Triangle.

-Mr. Sheehan

WHATS HAPPENING IN CLASS FOR SEPTEMBER

Kindergarten-1st Grade: Locomotor skills across the room and fun games focusing on rules, boundaries and evasion.

2nd Grade-4th Grade: Starting slow with some soccer foundations! 3rd & 4th will get into some games!

6th Grade-8th Grade: Starting Strong this September with some small teambuilding activities and team soccer!

WHAT'S ON YOUR FEET?!

Please remember to wear or bring sneakers to PE class. Sneakers improve your performance and also keep you and your classmates safe! Look at your Special Schedule to remember when you need to have sneakers!

QUOTE CORNER

“Talent without working hard is nothing.”

-Cristiano Ronaldo

WILDCAT ATHLETICS HOME GAMES

October 3rd
VS. VOLUNTOWN
START TIME: 4pm
PICK-UP: 5:15pm
NO JV

October 20th
VS. FRANKLIN
START TIME: 4pm
PICK-UP: 6pm

October 19th
VS. PRESTON
START TIME: 4pm
PICK-UP: 6pm

November 1st
VS. SALEM
START TIME: 4pm
PICK-UP: 6:15pm

CHEER THEM ON!