

MOVE & GROOVE

STERLING HEALTH/PE

A MESSAGE BY MR. SHEEHAN

Hello, Sterling Families,

As we hit the ground running into November, remind your student of good sportsmanship and being a STARR/EPIC student on and off the field. Cheer and Basketball will be starting soon and sportsmanship goes a long way when you are representing our school in these events.

-Mr. Sheehan

WHATS HAPPENING IN CLASS FOR OCTOBER

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

2nd Grade-4th Grade: Passing and soccer skills. 4th grade will be moving into football passing and catching.

6th Grade-8th Grade: We have been building up our skills and football concepts. Route use, creating playbooks and full scrimmages have are out main October focus.

WHAT'S ON YOUR FEET?!

We have seen an influx of non-sneaker attire. Please remind your student 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! K-4th schedule never changes, 5th-8th do rotate on Th-F!

WILDCAT ATHLETICS HOME GAMES

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

October 26th
Home vs. Bozrah
START TIME: 4pm
PICK-UP: 6pm

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

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

QUOTE CORNER

"THE MOST VALUABLE PLAYER IS THE ONE WHO MAKES THE MOST PLAYERS VALUABLE."

-PEYTON MANNING

CHEER THEM ON!