



Dear CHA Families,

Welcome to P.E.

My name is [Jack Sturgess](#), and I'm the P.E. Specialist here at CHA. I'm excited and honored to have the opportunity to be your child's P.E. teacher at such a wonderful school.

Many activities taught in PE require children to work in small groups or teams, in order to initiate creative thinking and promote problem-solving. These opportunities are excellent for developing both leadership, cooperation, and social skills, which can be applied to all aspects of the students' lives.

The resources at CHA are fantastic, giving students the opportunity to try a variety of different games and activities throughout the school year. Such variety enables all students to find their niche in PE and begin to grow a love for exercise.

I am proud of the variety that we can offer at CHA, however, there are some aspects of PE that will remain constant. Our respect for others, our willingness to learn, and our can-do mindset.

My objective is for all students to understand that exercise can take many forms and provide a wide array of benefits. It is my goal that at CHA every student can utilize the skills, attitudes, and self-awareness taught in PE and apply them to many aspects of their lives beyond their time here.

I look forward to your partnership as we embark on this journey together. My door is always open, so please feel free to connect with me via Teams or an email if you ever have a question or concern.

Thank You
Jack Sturgess

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