

This Year, We Sweat
By Coach Corrigan

This year, we sweat
we ran, we flexed
we played, we climbed
we rolled, we tried.
We push-uped and pull-uped and sit-uped, Oh My!

We worked together:
Teamwork.
Our teams lost and won
That's how games work.
Sportmanship
is where its at.
Good times with friends
we aim for that.

I pledge allegiance to my heart
I'll eat healthy because I'm smart.
I'll fill my plate with vegetables
sugars and fats, I'll eat less of those.
My heart needs lots of exercise.
It pumps fast when I swimercise
and when I jump rope and when I run.
Ooooo riding bike is so much fun!
Too live a long and play-filled life
to my heart, I promise, I'll do things right.

This year we learned
a lot at school
words and numbers,
forefathers, foremothers.
How things work, that's science you see,
played music and painted, an expression of me.
But not all we did has been said
This year, you see, we also sweat.