

Sierra Vista

Physical Education Newsletter

Friday, September 28, 2012

Hello everyone. It was nice seeing you all at Back to School Night. All the PE teachers at Sierra Vista are extremely passionate about what we do and we look forward to teaching your son/daughter about exercise, health, and nutrition. Please let us know if you have any questions, comments, or concerns as the year goes on. Thank you for your support and enjoy the newsletter.

Caldwell Health Fact

Did you know that orange juice is loaded with B1, B2, B6, folic acid, potassium, and vitamin C? Vitamin C supports immune function, aids in detoxification of heavy metals, is an important anti-oxidant, and is important in the maintenance and formation of collagen. I recommend drinking pulp free OJ, as the pulp can also be inflammatory. Make sure to sip the OJ and eat it with a fat and protein to help balance blood sugar and provide stable energy to your cells. I like the unpasteurized OJ from Trader Joe's, the Evolution Organic OJ from Mother's Market or Whole Foods or you can just make your own. Make sure the OJ you buy settles into two layers. Usually the OJ's that don't separate have been treated with an enzyme that dissolves the pulp into the product. Email me and I will send you my "Orange Flan" recipe. It's tasty and loaded with nutrients.

Physical Education Happenings

Mr. Caldwell(nealcaldwell@iusd.org or 949-936-6649)

This month we played flag football in class. All the students learned some of the basics such as throwing and catching, grip, how to run pass patterns, flag pulling, and different flag football terms. My friend Jared Hall who was a quarterback coach at Beckman High School and works for Fellowship Of Christian Athletes, will be coming out next week to teach and demonstrate some of the finer points on being a good quarterback.

On our cardio Wednesday's your son/daughter has begun to build up their stamina to be able to run for 10 continuous minutes. As each week goes on I will be teaching them proper running

techniques and breathing patterns so they can be successful as possible. We are training for the FitnessGram testing in April. We only run one time a week so I hope they will run on their own, if needed.

Strength training/primal pattern movement Thursday's are in full effect. This past week each class practiced their reptilian crawling, burpees, squats, and pullups/flex-arm hang. My goal is for each student to become proficient in each primal pattern movement to stay strong and functional the rest of their lives. I encourage you to practice as well. To learn more about the primal pattern movements and to see them in action click on both links below.

<http://caldwellpe.com/primal-pattern-movements>

<http://caldwellpe.com/6-foundational-exercises>

This month is choice month so each class has a choice of soccer, dance, or volleyball. Let me know if you have any questions or comments. Talk to you soon.









Mrs. Morris(melindamorris@iusd.org or 949-936-6653), **Mrs. Cachola**(joancachola@iusd.org or 949-936-6625)

Another exciting year of PE has begun! Our classes have been playing Flag Football this month. Students have been learning about the rules of the game and basic skills including throwing and catching, pass patterns and defense. It is good to see students realizing that to learn the game they need to become involved and communicate with their team. It has been encouraging to see students utilizing tutorial time to further develop their skills.

Our classes have also been introduced to several health-related components of fitness during Cardio Wednesdays and fitness days. We will continue to learn more as the year progresses. We encourage students to begin setting fitness goals as we will be recording mile times, push ups and curl ups on a regular basis. We are off to a solid start; keep up the good work!

Mr. Hough(davidhough@iusd.org or 949-936-6649)

Welcome back students and parents to another exciting school year! This first month back in Mr. Hough's class has been really enjoyable. It's great to have so many enthusiastic new and returning students in my class. We began this month participating in the slow pitch softball unit. Students are doing a great job learning the fundamentals of the throw, catch, swing,

game rules, and the roles of each position. We have been working hard on our cardio/fitness days as well. We have been building up our endurance and improving our cardiovascular health by jogging in timed intervals. The students did an amazing job working together in groups during the runs. By jogging in groups they are learning to pace themselves for distance and I'm finding that they are being very supportive of each other as well. As we start to cool down (hopefully!) in October we will be more disciplined with our cardio/fitness days and will be increasing the intensity of exercises. So please come to class hydrated and prepared with the proper shoes. Click on the link below to see them in action. In October, we will also be participating in our next unit -volleyball.

<http://caldwellpe.com/archives/3239>

Sincerely,

Dave Hough



Mr. Dunn(jeffdunn@iusd.org or 949-936-6682)

We have had a fantastic start to the new school year. The students are demonstrating genuine enthusiasm and willing cooperation. We have started off our year in the sport of basketball. To begin we have introduced/reinforced some of the key basic skills of the game including set shots, passing techniques; lay-up shots and dribbling skills. Students have been given a study guide featuring all the expectations for this unit. We have even had the privilege of witnessing how some of the best basketball players on the planet “do their thing”. I would like to thank the students with prior basketball experience for stepping up and volunteering to lead squads for the purpose of conducting drills and refining skills. Our students are doing it the Charger Way! Keep up the good work!





Lunchtime Sports

Wow! Lunchtime Flag Football has gone crazy this year! We have 12 teams and OVER 140 students participating in our lunchtime games. The teams are all doing such a great job, new friendships are being made, and many students have risen as leaders on their teams. We will be beginning playoffs soon, so keep an eye on the schedule and game videos posted at www.CaldwellPE.com to see if you or your child has made it to the playoffs! In October, we will play soccer so please encourage your son/daughter to sign-up. Click on the link below to see some flag football games in action.

<http://caldwellpe.com/archives/3199>

Sincerely,

Dave Hough

Neighborhood Sports

Irvine Hoops Classic 2012

The Irvine Hoops Classic is on Sunday, November 4 at University High School and Irvine High School. The Divisions are 7th grade boys, 8th grade boys, and 7/8th grade girls combined. Teams are guaranteed two games. For more information please contact tournament director Bart Lipton at 213-880-2062 or email at bart.lipton@gmail.com.

Harvest Cup Soccer Tournament

The Harvest Cup soccer tournament is on Friday, October 19th and Sunday, October 21st. Tryouts for the 7th/8th girls and for the 7th/8th grade boys are on Monday, October 1st and Thursday October 4th from 240pm to 330pm. Please contact the girls coach Mr.

Ralston(windralston@iusd.org) or the boys coach Mr. Kutz(dieterkutz@iusd.org) if you have any questions.

Hockey Team

The Chargers Roller Hockey team is about to embark on another hockey voyage this year, hoping to re-capture the same success they had last year. While many 8th graders moved on to their various high schools, our remaining players Nick L., Bishan W., and Matt R., are joined by Michael B., Zach B., and Matt L. The team is still looking for interested players, as all are welcome to join the team and learn the game of hockey. Previous experience is a plus, but not required. Anyone wishing for more information should e-mail Eric Zuercher at ericzuercher@iusd.org.



Middle School Program News

Welcome back to school! I hope everyone has had a positive start to the year. For those unfamiliar with the Middle School Program (MSP), please allow me to explain who we are. MSP is a branch of the City of Irvine's community services department. We are in partnership with IUSD to provide recreational activities and enrichment programs for Irvine's youth. This purpose is accomplished through the following: monthly sports sessions, Youth Action Team (YAT), Friday recreation opportunities, and school hour drop-ins.

Every month we will have a new sport that has practices immediately after-school on Tuesdays and Thursdays; each sport ends with a tournament against the other four Irvine middle schools. The sports this year are: flag football, basketball, cross country, volleyball and lacrosse. Our first session is flag football and it begins Tuesday October 2nd. The cost of the course is \$17; this cost includes instruction, supervision, a t-shirt, and transportation to off-site events. Students are welcome to drop-in on the first Tuesday and Thursday for free, to see if it is something they are interested in. Registration forms can be found in Sierra Vista's front office: when you walk in the office door turn right, and you will see flyers on the wall to your left. Registration forms can be turned in directly to me, or placed in the drop-box right below the flyers in the front office.

Youth Action Team is a community service project group. Activities include, but are not limited to, the following: beach clean-ups, elderly home visits, food bank box packing and gardening. Meetings are every Monday from 2:33 to 3:30pm. Monday October 1st is the last day we will meet in the MPR for the meeting; after this meeting, we will be in J-1 for the rest of the year. Projects take place on Wednesdays. Students will be picked up and driven to the projects; return time ranges from 4:30 to 6pm. Community service hours for each student will be recorded, and students will receive a certificate for their hours at the end of the year. Cost is free!

Friday recreation classes are offered intermittently throughout the year. I will promote these programs on campus and through e-mail blasts as they become available. Our first program is afternoon ice skating on Friday October 5th. We will leave immediately after school and return to school at 6pm. The cost is \$15 and includes rentals, skating, supervision and transportation. Space is limited so sign-up early!

We will be on campus throughout the year offering drop-in (no registration required) programs. The first of these will take place Wednesday of Red Ribbon Week at lunch.

For more information about the Middle School Program, or for questions or comments, please feel free to contact Cody Kreger Sierra Vista Site Coordinator at ckreager@cityofirvine.org / (949)-724-7614, or visit www.irvinemsp.com

Coming Up

Lunchtime Soccer sign-ups

Staff vs. student flag football game

Diabolofest. To learn more go to <http://www.diabolofest.com/Pages/default.aspx>

To learn more about Physical Education at Sierra Vista go to www.CaldwellPE.com. Please feel free to contact anyone of us. Thanks for your support!

Sincerely,

Neal Caldwell