

# Sierra Vista

## Physical Education Newsletter

Tuesday, February 28, 2012

February is in the books and we had another awesome month in PE. I want to encourage you to sign-up your son or daughter for the Irvine Junior Games. It's a great way for them to give back to the community and have a fun day competing with their friends. You can sign-up online at [www.irvinejuniorgames.com](http://www.irvinejuniorgames.com) through March 7. So far, we have 38 students participating.

New to the newsletter this month is "Middle School Program News." Cody Kreager is Sierra Vista's site coordinator and offers many after school activities and has a passion for teaching and leading our youth. His contact information is below if you have any questions about upcoming activities.

This month Mr. Hough will be teaching team handball, Mrs. Morris and Mrs. Cachola will dive into long/short jump rope activities along with ping pong, and I will be playing ultimate frisbee. Enjoy the newsletter.

### **Caldwell Health Fact**

I want to encourage all of you to become frequent eater's where you are having 5-6 smaller meals and not the traditional 3 bigger meals. Try and eat every 2-3 hours if possible. In order to do that you must be prepared and plan ahead. I also encourage you to carry a cooler of foods with you where ever you go. When you eat to much food at a meal it can cause blood sugar issues which causes an increase in the release of insulin which then converts the excess sugar into fat. Guess where the fat is then stored? Yep, your stomach, thighs, and hips. The goal is to balance your blood sugar by eating the right kind of foods, the right amount of macronutrients(fats, carbs, proteins) for your unique needs, and the right frequencies throughout the day.

### **Physical Education Happenings**

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

February was a fun month as each day we used a different type of fitness equipment to train for the FitnessGram testing, that starts at the end of the week. Your son/daughter learned how to use a body

blade, agility ladder, agility quad, agility cross, as well as participating in their first “Yoga For Whimps” yoga class. I am sure they told you about the “bootie scootie” project adventure game they played. Each team of 6 had to cross the lava without touching the ground using a scootie (piece of wood with wheels on bottom), rope, and paddle. They were not allowed to ask me any questions and had to problem solve and communicate as a team to solve the task. They also learned how to do a reverse pull-up, wall sit, cable push, cable pull, rope pull, and last week Mr. Hough and I joined up and created a fitness challenge that involved bear crawling, crab walking, jogging, jumping over small hurdles, and running through agility ladders.

FitnessGram testing will be on Thursday, March 1 and Friday March 2. All students will go for their personal best in the mile run, push-ups, curl-ups, shoulder stretch, and trunk lift. Make-ups will be the following week.

**Mrs. Morris** (mmorris@isud.org or 949-936-6653)

Ms. Morris and Mrs. Cachola’s classes have been practicing their Frisbee skills throughout February. Students have learned the various grips and passing techniques that can be used in the game of Ultimate Frisbee. Students quickly learned that throwing a Frisbee isn’t as easy as it looks, particularly when you need to consider environmental factors such as wind! We developed our game play by participating in small team and modified Frisbee games. Ms. Morris will be requesting a rematch of ‘Capture the Frisbee’ with Caldwell’s classes... that first challenge was just a warm-up!

On cardio days, we have continued to improve our mile times and participate in various circuit activities. In the coming months, we will head off the track and participate in some different fitness activities.

A big “well done” goes out to all students who participated in the TimberWolf 5k on the 18<sup>th</sup> of February. It was really exciting to see you enjoying being active and challenging your abilities.

**Mrs. Cachola**(jcachola@iusd.org or 949-936-6625)

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**Mr. Hough**(dhough@iusd.org or 949-936-6699)

This month in Mr. Hough’s class we have been participating in the game design and recreational games unit. In the game design unit, students worked in groups creating and presenting games for the class to

enjoy. Each game included offensive/defensive strategies, penalties, and a scoring system. We had many wonderful presentations and created some amazing new and exciting games. We also participated in recreational games like bocce ball and golf. We learned the basics of grip, stance, and swing. Throughout the month we have also been focusing on improving our health related fitness in preparation for our state fitness testing. All students will be tested in the month of March and seventh graders scores will be sent to the state. Focusing on improving our cardiovascular health we have been doing many exciting forms of cardiovascular exercise. We had multiple days of long distance runs, sprint intervals, relay races, and ran many different locomotor patterns. Next month we will be playing the extremely exciting Olympic sport of Team Handball!

### **Lunchtime Sports**

As usual, we have had a huge showing for our lunchtime sports program. In February, we had our Around the World competition with over 50 students participating. Games were single elimination and we ended up with four finalists-Peter N, Arek S, John C, and Rishab K. The four finalists went on to shoot against Mr. Hough, Mr. Caldwell, Mr. Mathot, Mr. Zuercher and received gift cards to Chipotle. In March, we start off with our Staff vs. Student 3 Point Contest and we begin 5 on 5 basketball. We are expecting another huge turnout of students!

### **Neighborhood Sports**

#### **Hockey Team**

The Chargers roller hockey squad was victorious once again this past Friday, defeating La Paz 8-3. Jake L. had a hat trick, and Jacob H. added 2 goals and 3 assists of his own. Conner S. also had a goal to help the Chargers improve their season record to 5-1-1. They now sit alone in first place. The team has 3 more games this season, each at 5:55pm the next three Fridays. Come on down to the rink to check out a game.

Some of the team and I also participated in the Timberwolf 5k. We had a lot of fun, and all of us survived the run. :) The top time was brought in by Eric S. at 26:17.4. Bryce M. turned in a time of 26:20.9, Conner S. came in at 27:41.0, and Nick B. finished in 33:22.5. Great job boys!

Coach Z

## Timberwolf 5k Run

On Saturday February 18, Sierra Vista parents, students, and staff supported the Stalter family by running in the Timberwolf 5k run. Thank you to everyone in the community who donated and gave their time to help support the Stalter family in their time of need. What an amazing community Irvine is and I am proud to work with so many amazing families.





### **Middle School Program News**

February was a great month for the Middle School Program. Our sport for the month was volleyball, and Sierra Vista's teams took bronze in the 'A' bracket and gold in the 'B' bracket, in the district-wide tournament. On Fridays, a course in chess tactics was offered in the library after school; congratulations to Ryan D. for winning the course tournament.

MSP has several exciting activities planned for the month of March. Our sport of the month is cross country. On Tuesdays and Thursdays students will be picked up from Sierra Vista and driven to various locations for trail running. Friday's after school course is skate crew. We will be driving students to skate parks in Orange County. Flyers to sign up for Skate Crew will be distributed on campus starting the first week of March. The Middle School Program's dance is on March 16<sup>th</sup>, from 7p.m. to 10 p.m., at Heritage Park Community Center. Dance registrations will be passed out on campus starting the week before the dance. For more information about the Middle School Program, or for questions or comments, please feel free to contact Cody Kreager Sierra Vista Site Coordinator at [ckreager@cityofirvine.org](mailto:ckreager@cityofirvine.org) / (949)-724-7614.

**Coming Up**

FitnessGram testing.

Staff vs. student 3 point contest.

Lunchtime 5 on 5 basketball sign-ups.

To learn more about Physical Education at Sierra Vista, go to [www.CaldwellPE.com](http://www.CaldwellPE.com). Please feel free to contact any one of us. Thanks for your support!

Sincerely,

Neal Caldwell