

Sierra Vista

Physical Education Newsletter

Monday, December 1, 2014

Happy Monday to you! I hope you all had a nice Thanksgiving break. Another month has passed so it's time for you to get caught up on all the PE happenings. Don't forget, sign-up your son/daughter for the after school ping pong or chess class starting next week. Click the link below to learn more. Enjoy!

<http://caldwellpe.com/wp-content/uploads/2014/11/SVMS-Winter-2014.pdf>

Caldwell Health Fact

Below is one of my favorite health and nutrition quotes from David Getoff. As my friend Josh Rubin from East West Healing and Performance would say "use food as your supplement."

"There is no treatment or drug which can overcome or negate the effects of a poor diet, inadequate nutrition, lack of exercise, and an unhealthy lifestyle." – David Getoff

Health and Nutrition Articles To Get You Thinking

I am always learning as a teacher and health practitioner. Each month I will post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such as magnesium, dehydration, kids and heavy backpacks, benefits of baking soda, and what texting is doing to your neck.

<http://ancestral-nutrition.com/got-anxiety-you-may-be-deficient-in-this-one-mineral/>

<http://themindunleashed.org/2014/09/11-reasons-dehydration-making-sick-fat.html>

http://www.huffingtonpost.com/2014/08/27/what-heavy-backpacks-are-doing-to-kids-bodies-n_5700485.html?ncid=fbklnkushpimg00000063

<http://www.realfarmacy.com/baking-soda-pharmaceutical-industry-nightmare/>

<http://www.cbsnews.com/news/omg-youre-texting-your-way-to-back-pain/>

Physical Education Happenings

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

This month your son/daughter played my favorite sport at Sierra Vista called pickleball. Pickleball is very similar to tennis and they learned how to grip the paddle, hit a forehand, backhand, serve, forehand volley, and backhand volley. Every student had success and it was fun to watch each student grow each day in their skill level. In the picture below this period was learning how to hit a backhand.





On our Cardio Wednesdays I taught them about what “working-in” means. I know you as parents know what “working-out” means but ask your son/daughter what “working-in” means and you might be surprised. It’s very important to do both in your exercise plan depending on what your needs are.

Last Thursday we also went a little deeper over what carbohydrates are and what they do. So far this year, we have covered proper hydration, the power of sleep, and a brief introduction to fats, carbohydrates, proteins, and some character education.

You can also see the new members of the Sierra Vista Milers club below. They ran their mile in 6 minutes and 45 seconds or less and earned a free Milers shirt.



On our Primal Pattern Thursdays I have been training the next generation of “personal trainers.” In the video below you can see we have eight stations where they are practicing their primal pattern movements. Each group has a leader (personal trainer) helping demonstrate each exercise and making sure their technique is good. Very soon we will be going into our J-2 strength training lab to use the amazing fitness equipment we have at Sierra Vista. More to come on that soon.

Building Personal Trainers

<http://caldwellpe.com/building-personal-trainers/>

Working-In

<http://caldwellpe.com/time-to-work-in/>

Diabolofest

<http://caldwellpe.com/last-day-of-diabolos/>

Lunchtime Sports

Congratulations to the “Alabama Jackhammers” for winning the lunchtime softball finals by a score of 2-1 . Each player took home 1 pair of “Etnies” socks for their prize. Stay tuned for the lunchtime pickleball champions next.



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

Sincerely,
Neal Caldwell