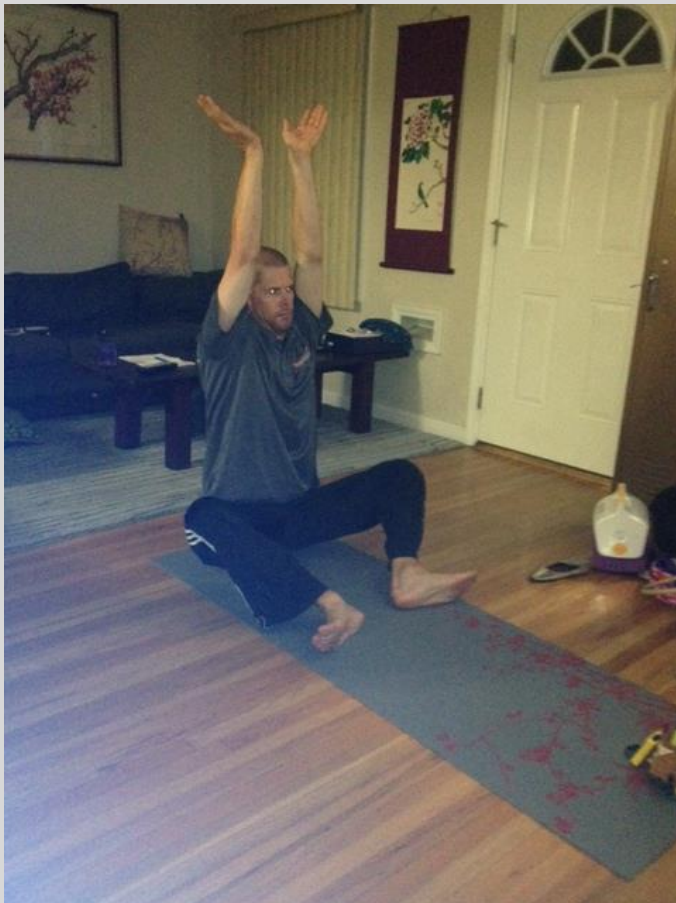


Sierra Vista

Physical Education Newsletter

Monday, February 2, 2015

Good morning everyone. I have combined December and January into one big newsletter. A lot has been happening, so please read below. Also, do not forget to sign your son/daughter up for the Irvine Junior Games, which is on Sunday, May 17. Go to www.irvinejuniorgames.com to learn more and sign-up today. The month of February will be action packed with fun strength training activities, project adventure, yoga, tai-chi, and a new activity called ELDOA. You can see a picture of me doing ELDOA below and I will explain more in the next newsletter.



Caldwell Health Fact

For all of you coffee drinkers out there: Did you know that coffee drinkers have a lower incidence of thyroid disease, including cancer, than non-drinkers? Caffeine protects against cancer caused by radiation, chemical carcinogens, viruses, and estrogens. Coffee provides significant quantities of magnesium in addition to other nutrients, including vitamin B1. Coffee inhibits iron absorption if taken with meals, helping to prevent iron overload. Some tips I recommend when drinking coffee are: do not drink coffee on an empty stomach, add cream or milk with gelatin(Great Lakes Gelatin) from a clean source to help keep blood sugar from dropping, and add sugar if needed.

Click on the links below to read an informative article by Ray Peat about coffee and caffeine and some coffee tips from Rob Turner.

<http://raypeat.com/articles/articles/caffeine.shtml>

<http://www.functionalps.com/blog/2014/06/04/coffee-done-right-tips-to-help-avoid-coffee-intolerance/>

Health and Nutrition Articles To Get You Thinking

I am always learning as a teacher and health practitioner. Each month I post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such fluoride, GMOs, and Epsom salt baths.

15 Facts Most People Don't Know About Fluoride

<http://expandedconsciousness.com/2014/03/16/15-facts-most-people-dont-know-about-fluoride/>

Autism and Glyphosate (GMOs): More Lies Revealed

<http://blogs.naturalnews.com/autism-glyphosate-gmos-lies-revealed/>

Health Benefits Of Epsom Salt Baths

<http://www.care2.com/greenliving/health-benefits-of-epsom-salt-baths.html>

Physical Education Happenings

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

During the month of December all students participated in long and short jump rope activities. For the culminating activity, students had to form groups of six and create a long jump rope routine for the class that was 4-5 minutes long. It was fun to watch each group be creative and have fun at the same time. Click on the link below to watch students practicing their “red jump rope club” jumps.

Jump Rope Video- <http://caldwellpe.com/red-jump-rope-club/>

During the month of January we played Team Handball which is an Olympic sport. I love this sport as all students can be successful and have fun. The main skills of the game are short passing and catching, some dribbling, and taking steps with the ball. Each day I added a different rule or strategy, and it was a great three weeks. Click on the link below to see the action.

Team Handball Video- <http://caldwellpe.com/king-of-the-court/>

During the months of December and January I have really begun to focus on more strength training, primal pattern movement activities. We have a ton of amazing fitness equipment that we use, such as swiss balls, bosu balls, reaction balls, pull-up bars, trx and trx rippers, kettlebells, medicine balls, agility ladders, heavy ropes, and my favorite activity so far this year, “dry land paddleboarding.” Please take a look at the pictures and videos below.

Heavy Ropes/Agility Ladders Video- <http://caldwellpe.com/lets-get-strong/>





Lunchtime Sports

Congratulations to the “Wipes” for winning the lunchtime team handball finals by a score of 8-6 over the “Water Boyz.” . Each player took home a nice skull cap for their prize. Lunchtime 5 on 5 basketball is in full swing, so stay tuned for the winners in the next newsletter.



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