

Sierra Vista

Physical Education Newsletter

Tuesday, January 26, 2016

Good morning! It's been a while since the last PE newsletter. Your son/daughter has experienced a ton of new activities over the last 3 months. Take a look below and enjoy!

Caldwell Health Fact

"If you understand human physiology you know there is no such thing as a food or supplement that will burn fat. You need to eat right, balance your blood sugar and keep stress hormones under control. Don't waste your money on things that make these promises. They simply don't work!"(Linda Ulrich DeFever)

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 as chemicals and children's brains, cholesterol, and Kellogg's cereals.

Pervasive industrial chemicals are destroying children's brains

http://www.naturalnews.com/052572_damaging_chemicals_brain_development_children.html#

Cholesterol Is Finally Officially Removed From 'Naughty' List

https://uk.style.yahoo.com/blogs/icymi/cholesterol-is-finally-officially-removed-from-naughty-list-122559246.html?soc_src=social-sh&soc_trk=fb

Kellogg's cereals found to be contaminated with Monsanto's cancer-causing glyphosate

http://www.naturalnews.com/051118_Kelloggs_cereal_glyphosate_GMOs.html

Physical Education Happenings

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

The last three months of PE have been action packed. In November each student learned how to play pickleball (paddle tennis) and learned basic skills such as the forehand, backhand, volley, and serve.

Forehand Practice Video

<http://caldwellpe.com/page/2/>

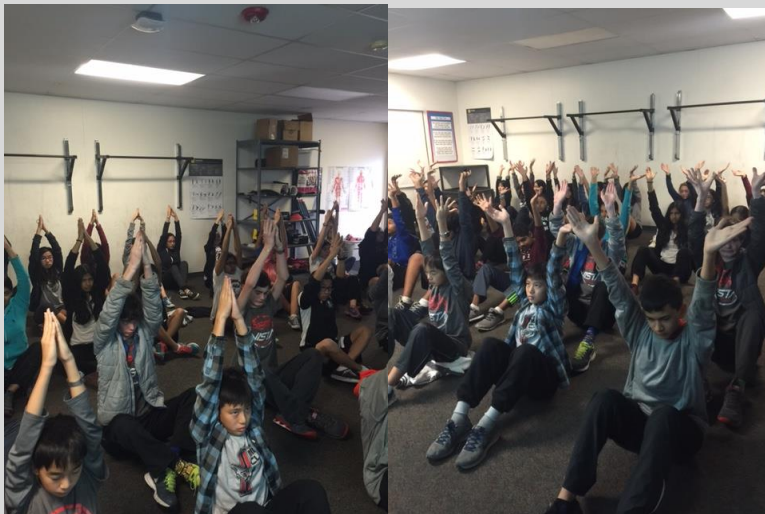
In December they learned how to play soccer and I used student volunteers to teach and demonstrate the skills of soccer and explain the important soccer rules. It's always fun to watch middle schoolers step out of their comfort zone and lead the class even though that can be scary!

January is choice month and your son/daughter got to choose between dance with Mrs. Morris and Yoga/ELDOA with me. The students who chose me were awesome and they learned different Yoga and ELDOA poses that really challenged them. They also learned some good information on how to keep their spine healthy.

ELDOA has really helped my back health and if you want to learn more click on the link below.

<http://caldwellpe.com/resources/>

ELDOA



Yoga



During the last 3 months we have been in our fitness room learning how to perform the primal pattern movements using different types of fitness equipment. Checkout the pictures and videos below to see all of the action.

Primal Pattern Wednesday Video

<http://caldwellpe.com/primal-pattern-wednesday-2/>

Pull-Ups Video

<http://caldwellpe.com/pulling-primal-pattern-movement/>

Strength Training Thursday Video

<http://caldwellpe.com/strength-training-thursday-3/>



Irvine Junior Games

It's time to sign-up for the Irvine Junior Games. Click on the links below to learn more and sign-up today. Sign-ups end on March 11!

<http://caldwellpe.com/irvine-junior-games/>

<http://irvinechildrensfund.org/>

Timberwolf 5K Run

Event Overview:

Run With the Pack! Accept the challenge and push your limits. Casual runners and walkers are also welcome to join this fun, inclusive community event. The Timberwolf 5K Run/Walk, and the 1K Fun Run, feature breathtaking views, fantastic free food, event t-shirts and the company of hundreds of friendly fitness enthusiasts. Proceeds from registration and sponsorships benefit Northwood High School and Families Forward, a local non-profit providing supported housing programs, counseling, food, referrals, school supplies, career coaching, and other services for families in crisis.

Register by January 24th for the best price.

- USATF-Certified Course
- Micro-chip timing
- Awards by category and age
- Fantastic free food and other giveaways
- All registered participants will receive a commemorative event t-shirt.
- Support Families Forward, a community-based nonprofit agency that provides housing, counseling, food, referrals, school supplies, career coaching and other services to families in need.

<http://www.timberwolf5k.com/>

Lunchtime Sports

Softball Champs



Pickleball Champs



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