

Sierra Vista

Physical Education Newsletter

Thursday, November 1, 2012

What's up guys? A lot went on this past month in physical education. Please scroll down and enjoy the videos, pictures, and PE happenings. Thanks for all of your support!

Caldwell Health Fact

Just a reminder to you all how important eating the right kind of protein is for your overall health. Remember that protein detoxifies waste, helps transport nutrients, helps with growth and repair of body tissue such as hair, nails, and muscle tissue. Proteins have amino acids that are the main building blocks of the body.

The key is to know how much protein that YOU need for your unique biochemical needs. Every person is different. Some people need 75-85 grams a day, some 85-100 grams a day, and others 100-120+ grams a day. It's all person specific. If you eat too much protein or too little protein that can wreak havoc on balancing your blood sugar.

I believe in eating what I call the "power proteins" such as bone broth, gelatin(great lakes gelatin), dairy(raw, organic, no guar gum or carrageenan), goat milk or cheese(raw, organic), eggs(pastured, vital farms or frenz brands), fish, shellfish/liver(1 time a week), beef/lamb(free range, organic).

The "power proteins" are loaded with nutrition. If you would like my bone broth recipe please email at nealcaldwell@iusd.org.

Physical Education Happenings

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

This month we had a great time playing soccer. Soccer is the one sport during the year where "I do not teach any of the skills or explain any of the rules" of the game of soccer. The students work in teams of 8 and explain the rules to each other, demonstrate the soccer skills, and practice the skills all on their own. I love to watch which students are leaders by example and

who are leaders verbally. It's fun to watch students come out of their shells and grow as young people. They taught each other how to dribble, pass and trap, perform a proper throw-in and game play. Click on the link below to see a video of them in action.

We also had a fun fitness day where I am teaching your son/daughter the six foundational exercises(reptilian crawling, split squat, reverse pull-up, push-up, flex-arm hang/pull-up, burpee) that will give them a nice baseline of strength and function to be able to add in fitness equipment as the year continues. See the pictures and video below.

This month we are playing my favorite sport pickleball(tennis). Each student will learn how to grip a paddle, hit a forehand/back hand, forehand/backhand volley, ready position, serve and much more.

<http://caldwellpe.com/archives/3293>

<http://caldwellpe.com/archives/3331>







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

October was lots of fun with dance in the MPR! We learned various dances from different genres including social dances, set dances, line dances and partner dances. Students were often asked to create their own steps or add their individual style to choreographed routines. We learned that dancing requires fitness, coordination and teamwork. I'd like to thank students who became group leaders or volunteered to demonstrate choreography. I was particularly impressed by the positive attitudes, enthusiasm and creativity that students displayed each lesson. I hope all of you enjoyed the dance unit as much as I did!

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

This month Mrs. Cachola's choice activity was Ultimate Frisbee. Her students were taught proper forehand / backhand throwing and catching techniques. After practicing these skills, students were divided into teams and played in a tournament. The Official collegiate game rules were reviewed in class, but modified for our skill level and participation requirement. PE teams were required to have at least four passes and both genders catch and throw the Frisbee before a team could score a point. The 2nd period 2012 Ultimate Frisbee winning team members consisted of Nada B, Jeffrey , Heidi , Simon H, Derek H, Noor M, Noah N, and Hannah S. Simon Ho was voted by his team member as their Most Valuable Player. In addition this

month's fitness activities month included a circuit rotation of aerobic and anaerobic activities including: shuttle run, curl-ups, push-ups, tricep dips, jump rope, jumping jacks, and resting stations to monitor heart rate intensity and recovery time.

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

We're off to a great start this year in Mr. Hough's class. We are just finishing up our choice month unit of Volleyball. This is always one of my favorite units to teach with all the skills to be learned and applied. We learned the fundamentals of bumping, setting, and serving. We also learned the importance of communication, readiness, movement, position roles, and rules. Once students grasped the fundamentals we put it all together in fun modified games and eventually played full rules 6 vs. 6 volleyball in a tournament style rotation. I was really impressed with the level of skill development in all classes. Later this year, students can sign up for lunchtime Volleyball to compete in a more competitive environment with their friends. Click on the link below to see a video of them in action.

We also worked really hard this month improving our fitness. We had multiple circuit training days and we continued our time interval jog/walk. We will continue to prepare for the California State Fitness Test by increasing the frequency and intensity of our fitness days. In the month of October we will be participating in the Flag Football Unit.

<http://caldwellpe.com/archives/3331>

Sincerely,

David Hough



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

Don't let the calendar date fool you, summer doesn't seem to be over quite yet. We have taken advantage of the fantastic weather to be outside participating in the team sports of volleyball and soccer.

This has been a student choice month, and I have had the privilege of working with students from Ms. Morris's, Mr. Hough's and Mr. Caldwell's Physical Education classes. This has been a great opportunity for our athletes to compete against students they might not normally get a chance to face on the field of competition. Personally, I have been witness to outstanding sportsmanship and enthusiastic participation. Several of our seasoned players in these aforementioned sports have really stepped up to the plate and taken on leadership roles in areas including both tutoring and organization.

Remember to visit Mr. Caldwell's PE website regularly to receive updates and the latest information on what's happening here at SVMS. GO CHARGERS!

Lunchtime Sports

This month we offered Lunchtime soccer competitions. We ended up with sixteen teams and over 160 players! All teams played at least five games in teams with friends. It was amazing to see that many disciplined students out there during lunch participating. Great job to all teams and congratulations to "F.C Happy Feet" who won the Championship Game vs. "Fat N' Greasy".

This month we are offering Pickleball during lunch, which is a super fun cross between badminton, and tennis. We have thirty-six teams and about 170+ students playing it's awesome. Mr. Mathot, Mr. Caldwell, Mr. Zuercher, and Mr. Antonopoulos are also playing. Games are played Monday through Thursday and each player on the winning team will earn a Volcom wallet for their efforts. To learn more about pickleball click on the links below.

<http://pickleball.com>

<http://usapa.org>

Sincerely,

David Hough

Lunchtime Flag Football Champs “Team G”



Lunchtime Soccer Champs "FC Happy Feet"



International Walk To School Day

On Thursday, October 25 we had our annual International Walk To School Day. We had a nice turnout at Northwood Community Park showing Irvine that we care about lifelong fitness and taking care of the environment. The goal is to walk, bike, skateboard, or scooter to school as many days of the week as possible. Students who do not get a ride to school can earn extra credit by clicking on the link below. Please printout and have your son/daughter turn it in to their PE teacher immediately. You can also watch a video of everyone walking back from Northwood Community Park back to Sierra Vista by clicking on the link below.

<http://caldwellpe.com/archives/3417>

<http://caldwellpe.com/wp-content/uploads/2012/10/International-Walk-To-School-Day-2012.pdf>

TA Cross Country Jog/Walk

This past Monday we had our 1st annual fun jog/walk during TA class. All students who wanted to come out and jog/walk a one mile course could earn 1 charger card, 1 TA point just for participating. The goal of the jog/walk was to encourage all students to take charge of their health and show their fellow classmates they are serious about fitness. We had over 400 students running together and hundreds more students watching on the grass. We had many of our Sierra Vista staff jogging and walking which was awesome to see. The overall winner was Sam Cachola and he took home a nice gift certificate for a free pair of running shoes from my favorite running store A Snails Pace. The 2nd place girl and boy took home a brand new Volcom backpack, 3rd place girl and boy earned a Volcom pair of socks, and the 4th place boy and girl earned a Volcom beanie. Click on the link below to watch a video of the entire jog/walk and to see a picture of the winners.

<http://caldwellpe.com/archives/3428>









Staff vs. Student Flag Football Game

The staff took down the students by a score of 19-15 in our annual staff vs. student flag football game. To see pictures and to watch the entire game on video, click on the link below.

<http://caldwellpe.com/archives/3381>

Neighborhood Sports

Harvest Cup Soccer Tournament

The Sierra Vista Harvest Cup BOYS team coached by Dieter Kutz, successfully defended their Crown by winning the tournament championship this past Sunday. In the first game Sierra Vista defeated Lakeside in Shootout penalty kicks 5-4. The second game saw the boys control the whole game against Orchard Hills, only to find themselves still with penalty kicks to decide the game; winning 4-3. In the Championship game, Sierra Vista took on Rancho. Rancho took the early lead scoring just minutes into the game, but Sierra came back with three goals by Josh KJ for the hat trick and the win. After the celebration on the boys field, the team watched as the girls team wrapped up their championship run, and celebrated with them on the field for a Sierra Vista sweep! GO CHARGERS!

The Sierra Vista Harvest Cup GIRLS team, coached by Dan Cowles, Michael Cribbin, and Wind Ralston was able to bring back the Harvest Cup Trophy by winning the tournament championship this past Sunday. In the first game, Sierra Vista defeated Plaza Vista 7-0 with a shutout by Jazmine M. The second game saw the girls control most of the game with Gabi K. able to score twice in the second half, cementing the win for the girls. The shutout was shared by Jazmine M. and Kat L. The Championship game against last year's champs, Rancho San Joaquin Middle School, was a back and forth match with the girls scoring two goals in the first half, one by Brooke K. and the other by Renny C. Rancho was able to come back and score against the girls, but was unable to continue their momentum. The second half was played well by both sides until Gabi K scored two more goals and deflated any counterattack Rancho hoped to put together. The girls were very excited to celebrate with the boys team! GO CHARGERS!

<http://www.ocregister.com/news/school-375763-middle-coached.html>





Hockey Team

The Chargers had a pretty successful month of October out on the rink, going 3-1 and finishing the month in first place with a record of 4-2. They are currently on a 3-game winning streak, having beaten Don Juan 7-0, La Paz 6-5 in a back and forth thriller, and Lakeside last week 6-2. The boys are skating well, and starting to really work together well as a team. They have next week off, as the rink is hosting a great charity hockey tournament, <http://www.givebloodplayhockey.org>. They have two games coming up this month, the first being November 9th at 5:55pm against La Paz, and the second November 16th at 6:50p.m. against Lakeside. Hope to see you there.

Coach Z

Middle School Program News

Hello everyone! I hope you have settled in to the school year and everything is going well.

October was an exciting month with the first City of Irvine Middle School Program (MSP) of the year kicking off. Flag football has taken place after school every Tuesday and Thursday on the Sierra Vista fields. On Tuesday, October 30th, we will hold our district wide flag football tournament at Rancho Middle School. Sierra Vista will be represented by three teams in the tournament; let's bring home a win! Youth Action Team has already done a lot for the community this year. Projects this month were a beach clean-up, dog walking at a greyhound shelter, gardening assistance at a senior center, and food supply packing at the OC Food Bank. Gnarly Outdoor Adventures continues to meet on Fridays. Last Friday we went rock climbing, and in the weeks to come we will go snorkeling, paddleboarding and surfing.

Our next sport session is basketball and it starts Tuesday November 16. Cody will be on campus passing out registration forms. Signing-up can be completed online using irvinequickreg.com, or by turning in the registration form to Cody or the MSP drop box in the front office.

On Thursday, November 8th MSP will be taking a group of students ice skating after school. Students will be picked up at Sierra Vista right after school, and will be dropped back off at Sierra Vista at 6pm. The cost is \$15 and includes transportation, supervision, admission and skate rentals; bring a snack or some extra money to buy a snack at the rink. Look for the registration forms at Sierra Vista.

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

Irvine Hoops Classic

Diabolofest

Staff vs. Student Pickleball(tennis) Game

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