

# Sierra Vista

## Physical Education Newsletter

Tuesday, December 17, 2013

Happy Holidays to you! For this edition of the PE newsletter we combined the months of November and December. I hope you enjoy reading, looking at pictures and watching videos of all the PE happenings. Have a relaxing break. Thanks for all of your support.

### **Caldwell Health Fact**

Did you know that organic food is grown without the use of toxic pesticides, herbicides, or chemical fertilizers? In my opinion, organic foods are better for your health. Many studies show that organic foods have a higher nutrient level than conventionally grown foods. I encourage you to eat as many organic foods as your budget allows. A good place to buy organic foods is Whole Foods Market, Mother's Market, Trader Joe's, local farms and farmer's markets. In Irvine you can try Smith Farms and Tanaka Farms and in San Juan Capistrano you can check out South Coast Farms for some tasty organic foods.

### **Physical Education Happenings**

**Mr. Caldwell**([nealcaldwell@iusd.org](mailto:nealcaldwell@iusd.org) or 949-936-6649

In the month of November we played Pickleball which is my favorite sport at Sierra Vista. All students learned how to get in ready position, grip the paddle, and how to hit a forehand and backhand along with a forehand and backhand volley. They also learned about backspin and topspin and the technique to produce each type of spin. Check out the pickleball video below.

This month each student had to form groups of six and create a three to four minute long jump routine that they would perform in front of the class. They could use a hula hoop, basketball, and short jump rope as props to add into their performance. It was fun to see each group's creation. You can watch the long jump rope performances below. They are really good.

Lastly, we had a couple of fun fitness days using body blades, kettlebells, and medicine balls as well as learning about the importance of eating organic foods as much as possible. Ask your son or daughter to explain the definition of organic foods and you might be surprised at their knowledge. You can watch the fitness video below.

Spin and Pickleball <http://caldwellpe.com/archives/4322>

Body Blade/Squat/Lunge <http://caldwellpe.com/archives/4349>

Technology and Jump Rope <http://caldwellpe.com/archives/4355>

Long Jump Rope Routines <http://caldwellpe.com/archives/4378>

**Mrs. Morris**([melindamorris@isud.org](mailto:melindamorris@isud.org) or 949-936-6653) and **Mrs. Cachola**  
([joancachola@iusd.org](mailto:joancachola@iusd.org) or 949-936-6625)

### November

This month students worked hard during our softball unit. We practiced our batting and fielding skills regularly, improving as the month progressed. We also learned the rules of softball and field positions. Students worked well together, those with more softball experience helped others during game play and skill development. On cardio days, students continue to learn about pacing themselves when jogging. They have been setting new goals as their fitness improves. Students have been recording their Fitness Log entries and monitoring their progress. We have been learning about the health related components of fitness and identifying health benefits of different activities. It has been another successful month for Miler's Club, well done to those students who earned their T-shirt!

### December

Pickleball has been fun for all! We learned the basic skills and rules of the game. Each day we practiced in small groups and played games. Our skills had improved a lot by the time tournament days rolled around at the end of the month! Students did a great job self-officiating and are learning the importance of communication in team sports. We continued working on our fitness and for those of you who want to join Miler's Club, try-outs will be held when we return from break. Have a lovely holiday, see you all in the new year!

## Lunchtime Sports

We played pickleball during November, a very popular sport here at SVMS with twenty teams signing up. The winning team was Big Z. Mr. Zuercher., Andrew W., Frances K., Michelle K.

3 on 3 basketball has been another big sport with 25 teams participating. The Championship Game will take place this week.

Signups for January's sport, team handball, will take place Monday January 6th 2014. Be there if you want to play this fun team game of dribbling, passing and goal scoring!



Finals Game <http://caldwellpe.com/archives/4357>

## Neighborhood Sports

### Hockey Team

The Chargers played two great games last Friday in the playoffs with only 5 skaters and a goalie. In the first game against Lakeside, who beat us 8-4 last week, the team really learned from their loss the week before and played amazing as a team. They played good team defense, had multiple one-timer goals, and really passed well together. They came out with a 7-3 victory after really taking over in the second period and never letting up.

In the finals against Isaac Sowers they had to battle a tough, physical team on a somewhat damp surface which made the skating a challenge. Heading into the third period the game was tied 2-2, but then Sowers took the lead on a nice passing play. The boys fought back, with Jerry V. tying the game with a few minutes left with a sweet top shelf wrister that eventually took us into overtime. Unfortunately, Sowers scored right off the face-off in OT to capture the championship.

The boys finished the season with a 5-5 record and came away with a second place trophy for their efforts in the playoffs. Our next season will begin on January 10th. Hope to see you there.



## **Middle School Program News**

Hi Sierra Vista,

The past couple months have been great! The Youth Action team has volunteered at animal shelters, continued their beach clean ups, planted cactus at Bommer Canyon to protect the native plants from people walking off the trail, and most recently hosted a Pancake Breakfast before school to raise money for an organization called Adopt-A-Family. This organization is dedicated to helping families in need these holidays, and the students raised \$150 dollars to donate towards this cause. Our 5-5 Basketball season is coming to an end very soon, but we had a great turn out of kids wanting to play, and we enjoyed the tournament against other schools. The next sport we're offering for students is Cross Country which starts on January 21st, and runs through February 13th. One of my personal favorite times with students in recent months was spent a couple weeks back fishing at Irvine Lake over the student's Thanksgiving vacation. Students caught fish, experienced the great outdoors, and got to know students from other schools who participated in the program. I'm looking forward to our Winter Camp, where students will have the opportunity to watch movies, go bowling, go to Knott's Berry Farm, Sea World, Boomers, and more! Please contact me with any questions you have about any of these, or any of our other programs at: [ccox@cityofirvine.org](mailto:ccox@cityofirvine.org)

Thank You,

Chris Cox, Site Coordinator – Sierra Vista Middle School

Community Services - Middle School Program

Heritage Park Community Center

14301 Yale Avenue

Irvine, CA 92604

949-724-6746

### **Coming Up**

Lunchtime 3 on 3 basketball playoffs

Lunchtime Team Handball 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 of us. Thanks for your support!

Sincerely,  
Neal Caldwell