

Sierra Vista

Physical Education Newsletter

Wednesday, February 6, 2013

Hello everyone! I combined December and January for this month's newsletter. I want to encourage you to sign-up your son/daughter for the Irvine Junior Games. The games are on Sunday, May 19 at Irvine High School. Go to www.IrvineJuniorGames.com to learn more and sign-up. The deadline to sign-up online is March 8.

Caldwell Health Fact

Did you know that coconut oil can increase your metabolic rate by supporting your thyroid gland? Did you know that coconut oil has many antiviral, antibacterial, and antifungal properties that can help keep infection under control? Did you know that coconut oil can act as an antioxidant that can protect your cells from free radical damage? I recommend expeller pressed coconut oil from a company called Tropical Traditions. Make sure to start slowly with one-quarter of a teaspoon and you can go up to two tablespoons a day. Make sure to talk with your doctor before making any changes to your food plan.

Physical Education Happenings

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

In the month of December your son/daughter engaged in some serious long and short rope activities. Each student had to take on the red, white, and blue jump rope clubs practicing many kinds of jumps. They also had to create a long jump routine in groups of six and had to perform in front of the class. Click on the link below to watch some footage.

<http://caldwellpe.com/archives/3580>

January was choice month, so all students could choose between softball, track and field, team handball, and Aussie sports. Team Handball is an Olympic sport and all students were successful playing. Click on the link below to see some game action.

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

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

December was all about Pickleball for my classes! Lots of fun was had by all as we learned the basics of the game. Students spent time learning, practicing and improving before playing in the class tournament. Students with a solid understanding of the game were valuable team members, as they were cooperative in explaining umpiring decisions, helping their peers to improve.

January: This month my students have been learning to play some popular Australian sports including Touch Football and Cricket. I have been very impressed with the enthusiasm students have demonstrated in learning new games, new rules and new skills. Remember that beginning a new sport can seem difficult at first, so it is important to pay attention during explanations and ask questions throughout the learning process. Well done to students who made a commitment to improve their understanding by attending tutorial and providing leadership during game play. Thanks to all students who stepped up and tried something new, I enjoyed sharing some of my favorite sports with you!

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

Mrs. Cachola's class enjoyed playing Pickleball throughout the month of December. The first week we reviewed how to rotate positions on the court, the rules and history of the game, and how to rotate positions properly with four people instead of only two. The following week in December, we worked on skill development. Many students were able to add topspin to the ball to make it more difficult for the opposing team to return. Lastly, we made teams of two, three or four players and played a move up move down or "King of the Court" type tournament. All in all it was great way to end before winter break.

January was a choice activity month. Students in my class learned basic tumbling skills and transitional movements for the first few weeks and finished the month in small groups creating their own floor routine . Each group presented their choreographed routine to the class. Throughout this unit most students displayed wonderful character traits and wholeheartedly participated in class activities. In closing, I want to continue encouraging students to add a fitness component into their daily regime. Hopefully, students are learning an array of activities and/or exercises in class that will help them improve their overall fitness.

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

The past two months in Mr. Hough's class has been quite an adventure with all the crazy weather. We dressed out and exercised in windy conditions, rain, and during some unfamiliar cold weather. I have really been impressed with the attitudes of all the students in our program for being able to tough it out and press on.

In the short month of December we participated in the Frisbee unit, one of our favorites here. We began the unit learning a variety of exciting throws, and catches. Then, we transitioned to Frisbee throwing competitions in which students could earn charger cards for their accuracy and distance throwing. We then learned the game of Ultimate Frisbee, competing in games once all skills and rules had been learned. Finally, to wrap up the unit, students learned Frisbee golf competing against other Frisbee golfers on a nine hole course created on campus. In June, students can sign-up for Ultimate Frisbee to compete against other teams in our lunchtime sports program.

In January, students had choice month. This means that some students were able to choose which teacher they had and which unit they participated in. Eighth graders had priority during choice month, so if 7th graders didn't get their first choice they certainly will next year. For choice month we offered Track and Field, Team Handball, Softball, Tumbling, and Australian sports. I taught the track and field unit and we went over a ton of different track and field events and also played many non-traditional games to break up all the running. Some of the events we did in class were the 100 m, 400 m, 800m, 4x100m relays, javelin, standing long jump, running long jump, and triple jump. All students in the track and field unit learned their current times in events and distances in the throwing/jumping events. More importantly, students in the T&F unit had fun and got alot of great exercise! I hope to see many of the students that participated in the unit signing up for the Irvine junior games, our local track and field event. The last day to sign up is February 8th !

www.irvinejuniorgames.com

Sincerely,

Dave Hough



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

For Student Choice Month this January, our class engaged in the sport of softball. A number of students, having played this sport at club level, were able to contribute greatly to the cause. With demonstrations of outstanding game strategy and rule knowledge our beginning players were shown excellent examples of what they can achieve with hard work and more intensive training. For those students who are interested in further developing these newly learned skills, there are a number of organizations that specialize in the exciting sports of softball and baseball. Try going to the following links to learn more.

YOUTH BASEBALL PROGRAMS

Irvine Pony Baseball	www.IrvinePony.com
Irvine Ranch Little League	http://www.irvineranchll.org
Northwood Little League	www.nwllbaseball.com

TRAVEL/CLUB BASEBALL PROGRAMS

Irvine Baseball Club	www.IrvineDiamondbacks.com
“Diamondbacks” Rox Baseball	http://roxbaseball.net
Warriors Baseball Club	http://www.hometeamsonline.com/teams/?u=WARRIORSBASEBALL
Irvine Pythons Baseball	http://irvinepythons.com/
Irvine Spartans Baseball	http://irvinespartans.com/
Irvine Dolphins Youth Baseball Club	irvinedolphins@gmail.com

YOUTH SOFTBALL PROGRAMS

Irvine Girls Softball Association <http://www.igsateams.org/>

Lunchtime Sports

In December, students played Team Handball games during Lunchtime sports. Team Handball is an exciting Olympic sport most similar to water polo, but on land. We ended up with 130 students on thirteen different teams competing against each other. Congrats to all teams that

participated, and our Championship team “Birthday Bash” who defeated the rest and walked away with some cool Volcom prizes. Mid-January we started three on three basketball. We have twenty eight teams competing against each other with over 100 students on rosters. We are currently in the playoffs, so we’ll keep you posted on our playoff results in our February newsletter.

Team Handball Finals Video <http://caldwellpe.com/archives/3705>



You can also keep track of lunchtime sports calendar, schedules, and standings on Mr. Caldwell’s website-

www.caldwellpe.com

Sincerely,

Dave Hough

First Half Of The Year “MVP” For Lunchtime Sports

I am excited to announce the lunchtime sports “MVP” for the first half of the school year. The winners are Sean B. and Zach B. Both winners earned a brand new Nixon watch. Any student can win this award by signing up for lunchtime sports, having a good attitude, working hard, encouraging others, and just having fun.

Link to a video of the winners. <http://caldwellpe.com/archives/3714>



Pickleball Competition

If you remember back in October, we had our first T.A. cross country jog/walk with hundreds of students participating. This past December, Sierra Vista had it's second fun competition where we had sixteen teams sign-up to play pickleball(paddle tennis), and try to win awesome prizes from Volcom and have fun with their friends. The MVP of the games took home a nice brand new “i-pod shuffle” with the winning team taking home a Volcom backpack. 2nd and 3rd place teams took home a nice pair of Volcom socks and all participants received one Charger Card

which gets them to the front of the lunch line. Below are our winners. Our next competition will be either five on five basketball or volleyball. Stay tuned.

1st Place



2nd Place



3rd Place



Neighborhood Sports

Hockey Team

The boys began their new season this January and have had two games so far. In their opening game they defeated Pioneer 7-0 in a dominant performance. The team has added a new player, Michael B, who is playing hockey for the first time ever after putting in many hours with me after school learning how to skate and master the basics of hockey. In his first ever game he scored a goal, and only fell down once (quite an achievement, I must say). The team defeated Lakeside on February 1st by a score of 9-2, with Alex tallying five goals, Michael getting two, Matt L. getting multiple assists, and Matt R. playing stellar defense. Our current record is 2-0, with 8 more games to go. Our season schedule can be found here:

<http://the-rinks-irvine.ezleagues.ezfacility.com/teams/1157336/Sierra-Vista-JVB.aspx?framed=1>

As always, anyone is welcome to come cheer on the team. A special thanks to Mr. Munoz who came to root on the team during our last game. If anyone is interested in joining and learning how to play roller hockey feel free to contact me at ericzuercher@iusd.org.

Go Chargers!

EZ

Middle School Program News

The month of December included our district wide basketball tournament, where Sierra Vista students took silver in two different divisions. Congratulations to all basketball players. Additionally in December, wrestling was offered as a recreational class on Fridays.

In January, MSP teamed up with Sierra Vista to offer a lunch time chess tournament. Congratulations to Derreck F for placing first place, Matthew S for placing second place, and Yahya A-Q for placing third place. The top three finishers received medals and recognition. Keep your eyes open for another chess tournament sometime in spring.

MSP is currently in the middle of the cross country sports session. So far students have been on four runs; each run has had a unique location and ranged from 1.5 to 2.5 miles.

Our next sport is volleyball and the program starts March 5th. If you are interested in signing up you can go to irvinequickreg.org, or turn in one of the flyers when they become available.

For more information about the Middle School Program, or for questions or comments, please feel free to contact me.

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Coming Up

Lunchtime three on three Basketball Finals
Staff vs. Student 3-Point Contest
Fitnessgram Testing

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