

# Sierra Vista

## Physical Education Newsletter

Monday, March 11, 2013

What's up people? February was action packed once again. I am offering an after school ping pong club starting on Tuesday, March 19. I am only taking the first twelve students who sign-up. Click on the link below to learn more and to sign-up. The ping pong club is on Tuesday's and Thursday's from 2:35pm to 3:35pm. We have brand new ping pong tables and it will be awesome. Let me know if you have any questions.

<http://caldwellpe.com/wp-content/uploads/2013/03/ACE-Ping-Pong.pdf>

Please scroll down and enjoy the pictures, video, and PE happenings.

### 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

### Physical Education Happenings

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

This past month your son/daughter participated in some "serious" functional training as a lead-up to the Fitnessgram testing we are having in March. It was fun to see every student trying new equipment and build strength, flexibility, while stepping out of their comfort zone. Each student tried pilates for the first time and participated in a project adventure activity called "bootie scooties" where they had to solve a task without asking me any questions. The culminating activity included your son/daughter creating a five minute warm-up activity, ten minute strength training session using a variety of equipment focusing on the primal pattern movements, and a five minute cool down. They worked in groups of five and it is very important that each student has an idea of what to do in the future when they are at the gym or training at home. Please click on the links below to see everyone in action.

Create Your Own Fitness Plan Video: <http://caldwellpe.com/archives/3850>

Pilates Video: <http://caldwellpe.com/archives/3838>

Bootie Scootie Video: <http://caldwellpe.com/archives/3800>

## Pilates





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

This month our classes have been playing Ultimate Frisbee. Students learned various grips and passing techniques, in addition to the basic rules of the game. We played small team games, designed Frisbee skill drills and enjoyed participating this fun, recreational activity! Some students worked very hard to perfect more difficult passes. Impressive!

On cardio days we have continued to improve our fitness and several new students have joined our SVMS Miler's Club. For those of you who are still working towards this goal, we will offer more Miler's Club opportunities before the end of the school year. Students can also look forward to building another group fitness circuit in the future. Keep up the good work team!

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

In the Month of February we participated in the Game Design Unit. In this unit, students worked in groups creating exciting games that they presented to the class. Many groups integrated other classmates in their demonstrations and we all enjoyed watching and participating. It was great to see students use their creativity taking ideas from games we have already learned to create new games. Throughout the month, we also ramped up our level of fitness by working hard on cardio days and on fitness circuit days.

**Game Design Video:** <http://caldwellpe.com/archives/3816>

Many students are continuing to make our Sierra Vista Miler's Club. Students can make the Miler's by running well under their required time on the mile run. Boys that run under 6:30 minutes and girls that run under 7:00 minutes receive T-shirts and recognition for their achievement.

In the month of March, we will be participating in the exciting Olympic sport of Team Handball. We will also be preparing for and testing student's through the California State Fitnessgram test. Student's will be given specific tests to evaluate their Cardiovascular Endurance, Flexibility, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. For more information about the test you can go to the following link.

<http://www.cde.ca.gov/ta/tg/pf/cefpt.asp>

**Mr. Dunn**([jeffdunn@iusd.org](mailto:jeffdunn@iusd.org) or 949-936-6682)

Dear Parents:

One of the primary goals as physical educators is to teach every child, regardless of their ability level, how and why they should keep themselves healthy and fit throughout their lifetime. In physical education, learning experiences are provided which are developmentally appropriate and will teach children how to be physically active in ways that increase physical competence, self-esteem and joy through lifelong physical activity.

For the month of February, students participated in Team Handball. This Olympic Sport is growing in popularity here in the U.S. Team Handball is a fast moving exciting sport that combines elements of soccer, basketball and water polo. It gives every student the opportunity to participate and improve, as all students are part of the game for the entire playing period. If your son or daughter enjoyed playing team handball, there are leagues that already exist and many more are sprouting up in cities across the country. For more information contact the Los Angeles Team Handball Club @ <http://www.lathc.org/> and click on the school programs link.

### **Lunchtime Sports**

This month we offered an Around the World Basketball shooting competition. We had approximately 30 shooters this year and ended up with Joey F. VS Nate L. in the final game. Congrats to all who participated and our new ATW Champ- Joey F.!

Dave Hough



**Around The World Champion. 1<sup>st</sup> Place Joe F. 2<sup>nd</sup> Nate L.**

## **Neighborhood Sports**

### **Hockey Team**

No news this month.

### **Middle School Program News**

The month of February included our district wide Cross Country race between all the Irvine middle schools. Sierra Vista took first and second place in the girls division; Justine C. came in first place and Renee Barnes came in second. Congratulations girls and job well done!

The volleyball sports session will be running from Tuesday March 5th to Thursday March 28th. The class meets every Tuesday and Thursday from 2:33 to 4:00pm at the Sierra Vista basketball courts. The course will culminate with a tournament between all the Irvine middle schools. If you are interested in playing, please turn in a registration form; students can show up to one of our practices to receive the form.

On Friday March 1st, MSP took a group of eight students ice skating at Anaheim Ice. Our next Friday recreation class will take place on March 29th; this day is an early out for Sierra Vista and we will be having a BBQ and going to the beach. More Details to come.

Finally, we have a city wide talent show coming up for middle school students. Students can audition during lunch on Friday March 15th in the MPR. There is additionally an open audition on Monday March 18th at Heritage Community Park from 3:30-5:00pm. The talent show will take place on Friday March 22nd at Heritage Community Park. Prizes will be awarded to the winners.

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

Cody Kreger, Site Coordinator Sierra Vista Middle School  
Community Services - Middle School Program  
Heritage Park Community Center  
949-724-7614  
[ckreager@ci.irvine.ca.us](mailto:ckreager@ci.irvine.ca.us)

### **Coming Up**

Lunchtime 5 on 5 Finals  
Fitnessgram Testing  
Sierra Vista Hockey News

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