

# Sierra Vista

## Physical Education Newsletter

Tuesday, April 3, 2012

Hello and happy April to you all! Spring is in the air, so that means that it's major league baseball time. Sierra Vista PE had another great month of activities. We had a guest speaker, Flo Mulhere, from the California Youth Services come and speak to our PE classes. Her son died of a drug overdose nine years ago and had a very powerful message that really touched everyone's heart. Click on this link <http://caldwellpe.com/archives/2612> to watch a video of her speaking. Irvine Junior games are coming up fast. We have 60 students participating and the relay tryouts will be the week of April 16. Enjoy the read.

### Caldwell Health Fact

Did you know the human body obtains essential vitamins and minerals through food? I am a big believer in using "food as your supplement" instead of taking tons of pills to get your nutrients. Most supplements are made from low quality ingredients and most people can't absorb their supplements because of gut issues. Spend your money on high quality, clean foods. For example you can get your vitamin C from drinking pulp free orange juice, vitamin A from eating pastured eggs, Vitamin D from goat milk, and calcium from either dairy or bone broth.

### Physical Education Happenings

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

We had a lot of things going on this past month in PE. The first week of March, 7<sup>th</sup> grade students participated in the FitnessGram testing. The testing involves push-ups, curl-ups, shoulder stretch, mile run, and trunk lift. I appreciate all of the hard work your son/daughter has put in this year to be able to do well on each test. The sport of the month was ultimate Frisbee. Each student learned how to throw a forehand, backhand, and some students tried the hammer throw. Due to switching areas for the FitnessGram testing, we also played team handball, ping pong, and short/long jump rope.

My favorite part of the month is when I introduced "tai-chi" to the class and they had to learn how to do slow movements without talking for 15 minutes. As you know, it is very hard for

teenagers to slow down and even more of a miracle if they can be quiet for longer than five seconds. I know each student learned a lot from this “working-in” activity. In conclusion, I also took the time to review the effects that drugs and alcohol can have on their health and how their choices affect others around them. We have covered this topic many times this year and I hope the information is starting to sink in. This month we dive into my favorite sport, baseball/softball.

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

During March our classes worked on improving their fitness and coordination through jump rope and ping pong activities. Students learned the importance of planning when developing performance routines. Teamwork is important in many sports, not just during competitive or traditional team games. Being able to communicate ideas and work productively to produce a solid result can be very rewarding.

Students worked very well on cardio days this month, many recording their best effort yet! We were particularly impressed with the students who have been working towards qualifying for Milers Club- your hard work paid off! Wear your shirts with pride! There will be more opportunities for others to qualify in the future.

**Mr. Hough** ([dhough@iusd.org](mailto:dhough@iusd.org) or 949-936-6699)

Last month in Mr. Hough’s class has been high action and exciting. We have been participating in the Olympic sport of Team Handball and we finished up our state fitness testing. Students played really aggressively and we simulated Olympic Team Handball by bringing out the goals with a nine meter zone, and goalies. In preparation for the state fitness testing, we also conditioned regularly. We prepared for the mile run by running long distances every week, did strength and endurance circuits in the middle of games, and stretched out regularly. After the testing, I’m proud to say that most of our students fell into the healthy fitness zones. This coming month we will be learning the skills necessary to participate in six vs. six Volleyball and plan to keep up our fitness levels attained this last month!

### **Lunchtime Sports**

Five vs. five basketball this year was HUGE! We ended up with 19 teams with over 115 students playing. All teams played 5 regular season games and ten teams went on to the playoffs. Our championship game ended up being between “Swag Elite” and “The Wombats” lead by our Science teacher Mr. Mathot. It took two lunchtime games to iron out the championship, but “Swag Elite” took home the title and walked away with fresh new Nike Basketballs! In the

Month of April our lunchtime sport will be six vs.six volleyball. We hope to see as many students participating.

Dave Hough

## **Neighborhood Sports**

### **Hockey Team**

The Chargers had a very eventful March, as they finished up their second season with a record of 7-1-2. On March 23<sup>rd</sup> they had their playoffs for the JVC division. The boys played a great first game against La Paz, prevailing by three goals in a 5-2 victory. Alex M. had a hat trick, and Jacob H. score the other two. In the finals, the Chargers faced off against last season's finalists, Don Juan. Don Juan played their best hockey of the year, and got some revenge by defeating the Chargers 8-4. The boys played hard and never quit, but Don Juan was the better team that night and took home the Championship.

Our third and final season of the year began March 30<sup>th</sup>, and based on their stellar record the team was moved up to the JVB division. Facing tougher opponents, they really stepped it up and won both games of their double header, beating Serrano 8-4, and Isaac Sowers 9-2. The boys have the week off for Easter, and then begin playing again on April 13<sup>th</sup>. As always, we welcome all fans to come out and support the team. Hope to see you at the rink!

Coach Z



### **Staff vs. Student 3 Point Contest**

Finally the staff took down the students in our annual three point contest with a score of 30-23. Each student had to get through five racks of balls and one half court shot in one minute and ten seconds. There was a huge crowd watching and a ton of staff came out to support their fellow teachers. Click on the link to watch the entire 3 point contest.

<http://caldwellpe.com/archives/2548>

### **Middle School Program News**

The month of March was a busy one for the Middle School Program. A lunch time chess tournament was held between 30 students; congratulations to Ryan D. for finishing 1st, Jacob B. for finishing 2nd, and Derrek F. for finishing 3rd. The top three finishers will receive a medal and a magnetic chess travel kit for their accomplishment. The sports session for March was cross country: Students completed runs up to five miles long on local trails. On Fridays, a group of students were taken to various skate parks in the Orange County area. MSP also visited Irvine

middle schools during lunch to raise awareness regarding environmental issues; displays were assembled and students were given the opportunity to plant a garden that will remain at their school. Thanks to Mr. Antonopolous for volunteering to maintain the garden!

MSP has several exciting activities planned for the coming months. Room is still available for MSP's spring break camp. The schedule of events for the camp is as follows: Monday pizza making and roller skating. Tuesday Universal Studios. Wednesday Spectrum and Movies. Thursday: Knott's Berry Farm. Friday: Balboa Beach and Fun Zone. The next sports session is Gnarly Outdoor Adventures and it begins in May. Students can sign up by week based on interest; flyers with more information can be found in the front office. The MSP dance will be on April 27th; all PE teachers have one free ticket to hand out, so work hard, be good and get into the dance for free! 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](mailto:ckreager@cityofirvine.org) / (949)-724-7614.

### **Coming Up**

Staff vs. student softball game.

Lunchtime volleyball 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 anyone of us. Thanks for your support!

Sincerely,

Neal Caldwell