

Sierra Vista

Physical Education Newsletter

Wednesday, April 30, 2014

Good morning. All the PE happenings at Sierra Vista are below. Enjoy your day!

Caldwell Health Fact

Did you know that calcium can help reduce cholesterol, aid in reducing blood pressure by down regulating PTH, and can help regulate metabolism? Some foods that contain calcium are dairy, bone broth and EGG SHELLS. For those of you who have an issue with dairy, I recommend you try making egg shell calcium to meet your calcium requirements.. Click on the link below to watch a short video on how to make egg shell calcium. I use a small amount in my food plan daily. <http://www.youtube.com/watch?v=x8AJot5jnbs>

Physical Education Happenings

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

In the month of March your son/daughter participated in some fun fitness and strength training exercises and learned how to play the sport of Ultimate Frisbee/Frisbee Golf. Frisbee is a fast paced game which utilizes a full body workout (running, stopping, pivoting, passing, jumping). Over the month, students were taught the forehand grip, backhand grip, and the two types of catches, just to name a few skills. Towards the end of the month, your son/daughter experimented with Frisbee golf. In order to be successful, students had to understand proper release points and how much force must be used at different courses in order to be successful.

April is a time where baseball and softball are in full force. During this month, students are working on their softball skills using softballs and whiffle balls. To add variety to our schedule,, we ran a Project Adventure Activity once a week to work on communication and cooperation skills that students will use not only in our Physical Education class, but as social skills outside of school as well. During the softball unit, students learned about the proper throwing mechanics, how to catch a softball, and most importantly, how to properly hit the ball. Recently, your son/daughter had the opportunity to play Bocce Ball, which is a great activity

that can be played anywhere (beach, flat surface, local park, etc..). Students had fun working together, as well as improving their movement skills.

Bocce Ball Video- <http://caldwellpe.com/bocce-time/>

Project Adventure "Blue Tarp"- <http://caldwellpe.com/project-adventure-blue-tarp/>

Character Education Video- <https://vimeo.com/88664912>





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

Ms. Morris and Mrs. Cachola's classes played Ultimate Frisbee this month. Students learned numerous grips, passing and catching techniques. Students also learned how to self-officiate games. In addition, students played SVMS Frisbee Golf which helped them learn about the importance of passing accurately. There were some truly dedicated students who attended tutorial regularly to further improve their skills. Ultimate Frisbee is another great way to improve fitness and enjoy being outdoors! During fitness days, students have continued to

work hard, designing their own circuits, to improve the health-related components of fitness. Once again, congratulations to students who joined the Miler's Club during April!

Lunchtime Sports

Congrats to the "Black Jacks" for taking home the lunchtime Ultimate Frisbee championship. Lunchtime volleyball is next.



Neighborhood Sports

Hockey Team

The Sierra Vista Chargers have not had much hockey news to report this month, as their Winter season ended back in March, and the Spring season has only had one game due to tournaments and spring break. The boys did defeat Isaac Sowers in their first game of the season by a score of 6-2. The team welcomed a new player, Aravind R., bringing their total roster to eight skaters and a goalie. The team goal is to finally bring home a championship in the JVB division, as the team has been without a first place finish for a few years and is looking forward to bringing some sports glory to the Sierra Vista trophy case.

In other news, the boys are working hard to train for the Push-Ups for Charity event, which happens on May 10 at Irvine City Hall. The boys have ninety seconds to do as many push-ups as possible. They have been finding generous people to sponsor them for a monetary amount per push-up, and each one they do will help raise money for our military veterans returning home

from active duty. If you would like to get more information about the event, please visit our fundraising web site at:

<http://www.crowdrise.com/pucirvine2014/fundraiser/ericzuercher>

Our team goal is to raise at least \$3,000, all of which will go to The Boot Campaign (<http://www.bootcampaign.com/about/>), an organization that assists veterans in various ways, including job placement, education, housing, and PTSD counseling. Feel free to click that red donate button if you so desire. J

Coach Z

Middle School Program News

Special thanks to everyone from the Middle School Program who came out to teach our students today about character education. Some of the key topics were stereotypes compared to reality, handshake skills, developing good habits, and how to become a leader and use your voice. Click on the link below to watch the boys in action. Make sure to BRO UP! B-be intentional, R-respectful, and O-ownership.

Character Education Video-<https://vimeo.com/88664912>

Coming Up

Picture of lunchtime softball champs

Lunchtime volleyball sign-ups

Final PE Newsletter of the year

To learn more about Physical Education at Sierra Vista go to www.CaldwellPE.com. Please feel free to contact any of us. Thanks for your support!

Sincerely,

Neal Caldwell

