

Sierra Vista

Physical Education Newsletter

Wednesday, May 2, 2012

What's up everyone? For those of you who have an 8th grade son or daughter, here is the link <http://caldwellpe.com/wp-content/uploads/2012/04/Summercamps-2012.pdf> to the Northwood high school sports summer camp schedule. I encourage all students to join some kind of team activity at Northwood or Irvine high school. The Irvine Junior Games are almost here. Information packets were sent home two weeks ago to all students who signed up. The games are on Sunday, May 20. Please let me know if you have any questions.

Caldwell Health Fact

Did you know that gluten is a protein molecule not only found in wheat, but also in rye and barley? Gluten is the general name for prolamines and wheat has what's called gliadin. Rye has secalin, and barley has what's called hordein. A lot of people have a gluten sensitivity and do not even know it. Some of the foods that have gluten in them are cereal, bread, cookies, pasta, soy sauce, supplements, and croutons. Sometimes you might feel farty, gassy, bloaty after a meal that has gluten in it. Over time gluten can cause damage to your intestines and it becomes hard for you to absorb and assimilate your foods plus many other issues. I encourage you to stop eating gluten for one week and see how you feel. Go for it!

Physical Education Happenings

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

This month we dove into my favorite sport, baseball/softball. Each student learned basic skills such as catching and throwing, base running, hitting, and some of the basic rules of the game. We also went over the harmful effects of methamphetamine, marijuana, and club drugs and how they effect students future, their health, and others around them. This month we will review some of the sports and activities we have done this year, play bocce ball and try some new fitness activities.

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

This month our classes played soccer. Students worked on improving their basic soccer skills during drill practice and game play. Students also demonstrated creativity and teamwork as they designed their own modified games and drills. I was pleased to see students taking on leadership roles within their teams, helping to referee and explaining strategies. Students were also enthusiastic during class challenge activities this month.

Students: as the end of the school year approaches, be sure to make the most of your PE time. It's important to maintain a positive attitude towards staying active!

Mr. Hough(dhough@iusd.org or 949-936-6699)

This April in Mr. Hough's class we have been participating in the Volleyball unit and continued working on achieving health related fitness, through multiple run and circuit training days. We learned in detail the rules of indoor volleyball and learned all of the essential manipulative skills required for participation. Students learned how to serve underhand & overhand, serving rotations, learned how to bump & set, and the importance of communication & teamwork in the game. Students were grouped in teams and participated daily in team practices focused on enhancing all team members skill development. Students picked up skills quickly and before we knew it we began competing against other teams in class in a tournament style rotation. The games were really a lot of fun to watch with many great rallies and many miraculous plays on the courts. Many students took their new found confidence in the sport and are currently competing in lunchtime Volleyball. Next month we will be learning more about the five components of health related fitness and what it takes to target each component. Students will then be able to take what they have learned to create a fitness plan that they can use!

Lunchtime Sports

Volleyball has been a huge success this year with over fourteen teams participating. That's over one hundred students playing Volleyball during lunch! Games have been extremely entertaining and students are really enjoying participating in games with their friends. Congratulations to "Game, Set, Match" for defeating the "Volley ballers" in today's finals . Each player will receive one Volcom prize for their efforts. Great job to all teams who participated in Volleyball! Next month we are offering lunchtime Softball and we have our staff vs. student Softball game, so we hope to see all students out participating!

Mr. Hough.

"Game, Set Match" 2012 Lunchtime Volleyball Champions



Neighborhood Sports

Hockey Team

During the month of April, the Sierra Vista Chargers only played one game due to Spring Break, but it was quite the exciting one. Facing Newhart Middle School, the boys had a back and forth contest, with the lead never being more than one goal. Steven VZ scored a goal to put the team ahead 4-3, but then Newhart tied the game with about two minutes left. Jacob Heller scored with a minute to go, then Newhart tied it again twelve seconds later. Finally, with about ten seconds left in the game, Jacob Heller scored right off the face-off to win the game, securing the 6-5 victory. It was one of the best games of the year by far. Our record is 3-0 this season.

The hockey team is also teaming up with local gym Custom Bodies Fitness to participate in the "Pushups for Charity" event, being held May 26th at 8:30am at Irvine City Hall. Each player has ninety seconds to do as many pushups as possible, and their sponsors will donate money for each pushup they do. The boys are actively looking for people to sponsor them for the event. If you are interested in helping them out, or joining the event with us, check it out at www.pushupsforcharityirvine.com. All proceeds go to The Boot Campaign, which raises money for wounded veterans and their families, a truly great cause. Here is the link to our team fundraising page, in case you are interested in even just making a flat donation.

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

Thanks, and have a great month of May!

Coach Z

Middle School Program News

The Middle School Program has the following activities planned for the month of May. Gnarly outdoor adventures is our sport session for Tuesdays and Thursdays; Students can sign up by individual weeks for \$10 per week, or sign up for all four weeks for \$32. The weekly activities breakdown to the following: Week 1- zip lining, ropes course, BB guns & archery; week 2- dodgeball and team handball tournament; week 3- Rock climbing, human hamster ball & obstacle course; week 4- paddleboarding, kayaking, surfing & bodyboarding. Fliers with registration information can be found in Sierra Vista's front office. On Friday May 11th MSP will be hosting a dodgeball tournament at Heritage Park. Students must sign-up as a team and fliers can be found in the front office. The MSP dance will be held on May 18th. 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 / (949)-724-7614, or visit www.irvinemsp.com.

Coming Up

The Sierra Vista Olympics
Lunchtime Softball sign-ups
Staff vs. Student Softball game

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