

Sierra Vista

Physical Education Newsletter

Friday, June 1, 2012

What's up guys? The school year is coming to an end, so that means it's time for the Sierra Vista Physical Education Olympics! Starting on June 4 and ending on June 15, all PE classes will challenge each other in flag football, team handball, volleyball, soccer, ultimate frisbee, capture the flag, and basketball. Teams of eight have already been formed in each period and at the end of the two week Olympics we will crown the Gold, Silver, and Bronze medal winners. The SV Olympics is all about having fun with your friends, competing in a friendly environment, and doing your best.

We had a busy month in PE so please enjoy the following PE happenings.

Caldwell Health Fact

Dianna Schwarzbien MD, who I have great respect for, states, "you must get healthy to lose weight, not lose weight to get healthy." Chew on that for a minute. We have been taught to believe that losing weight is the end all be all, but how did you go about losing the weight? Did you cut calories in a major way, cut out most foods and start to over exercise or do tons of cardio? Or, did you start to eat the right foods for your unique needs, eat the right amount of calories for your unique needs, eat the right ratios of fats, carbs, and proteins for your unique needs, eat at the right food frequencies, "train not drain" when exercising, sleep right, and work on any mental/emotional issues you might be going through? In my opinion, that is how you start to get "healthy first, then lose weight" along with allowing your body to heal from whatever health issue you may be having.

Physical Education Happenings

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

During the month of May your son/daughter has been in deep training for the Sierra Vista Olympics starting on Monday, June 4 and ending on Friday June 15. My class went back and re-visited some of the sports we played earlier in the year and played flag football, soccer,

ultimate frisbee, and three flag capture the flag. We hope the strenuous physical and mental training will lead to Caldwell PE Sierra Vista Olympic domination!

Last week your son/daughter finished their final health/fitness activity of the year. In small groups they filled out a "1 week fitness plan" and a "1 day fitness plan" that covered muscular endurance, muscular strength, cardiovascular endurance, flexibility, exercise, sets, repetitions, tempo, and rest. It is very important to me that each student understands, at a basic level, how to create a personal health and fitness plan for their unique needs so they can stay strong, functional, and healthy the rest of their lives. Click on the links to below to see an example of what they filled out:

<http://caldwellpe.com/wp-content/uploads/2011/05/1-Week-Fitness-Plan-And-5-Components-Of-Physical-Fitness.pdf>

<http://caldwellpe.com/wp-content/uploads/2010/10/1-Day-Fitness-Plan.pdf>

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

This month for PE, our classes completed a unit on volleyball and team handball. In volleyball students were taught how to serve, pass, set, spike and rotate positions correctly. Some students were very proficient at these skills which helped elevate our team play and encouraged each team to have three hits on a side instead of only one. It was great to see students helping one another learn the game. Later in the month students had the opportunity to learn team handball on the blacktop. To begin the unit, teams were formed and specific rules established so everyone would be involved. As the week went on, goals were set up and a shooting arc to resemble actual courts and facilitate learning of the sport. All in all, it was a great month!

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

This past month in Physical Education has been very exciting and meaningful. We began the month learning about the five components of health related fitness and reinforced our learning throughout the month. These components are essential to develop purposeful fitness routines, so students understand how to take care of their bodies. We started with a pre-test, had daily discussions based on the components, and finally a post test. I was impressed with how well everyone did in class and I'm confident all students know much more about their bodies.

We also had the Irvine Games this month and a ton of students in our class received medals. After holding relay team tryouts and practice this year, I was very confident in our relay teams. I'm proud to say that our 8th grade girls relay team took gold in the 4x100 meter relay, 7th

grade girls took the bronze, and our 7th grade boys earned the gold by setting an Irvine games record of 52.28 seconds!

Throughout the month we also reviewed many of the prior skills we have learned. The students have been practicing those skills in preparation for our first annual Sierra Vista Olympic Games. In June, students will be grouped in teams and will compete against teams from Mrs. Morris , Mrs. Cachola, and Mr. Caldwell's class. Students will be competing in team handball, ultimate frisbee, soccer, basketball, volleyball, capture the flag, and flag football. The Olympic Games will be a lot of fun and will be a great way to end the year!

Lunchtime Sports

Lunchtime Softball has been a real hit this year. We have ten teams participating with about 125 players. Students picked their own teams in this sport, so students are really enjoying participating in teams with their friends. Yesterday, the "Domingo Baseball" took down the "Show Goes On" by a score of 4-1 in the finals. Each player on the winning team took home one "Volcom" prize for their efforts. Great job to all teams! Lunchtime ultimate Frisbee sign-ups are on Monday. This will be the last lunchtime sport of the year. All students are invited to play.



Irvine Junior Games

On Sunday May 20 we had the 25th annual Irvine Junior Games. Sierra Vista had 61 participants and we took home 23 medals. It was a fun day having fun with your friends, competing, and giving back to a good cause. Please click on the link below to see all medal winners.

<http://caldwellpe.com/wp-content/uploads/2012/05/Irvine-Junior-Games-2012-Medal-Results.pdf>





Middle School Program News

Bounce House Madness

On May 15, Cody Kreger brought 2 huge bounce houses and set up a fun obstacle course for all students to try and conquer. It was a fun day for all so please click on the link to watch a video of "Bounce House Madness." <http://caldwellpe.com/archives/2836>



Neighborhood Sports

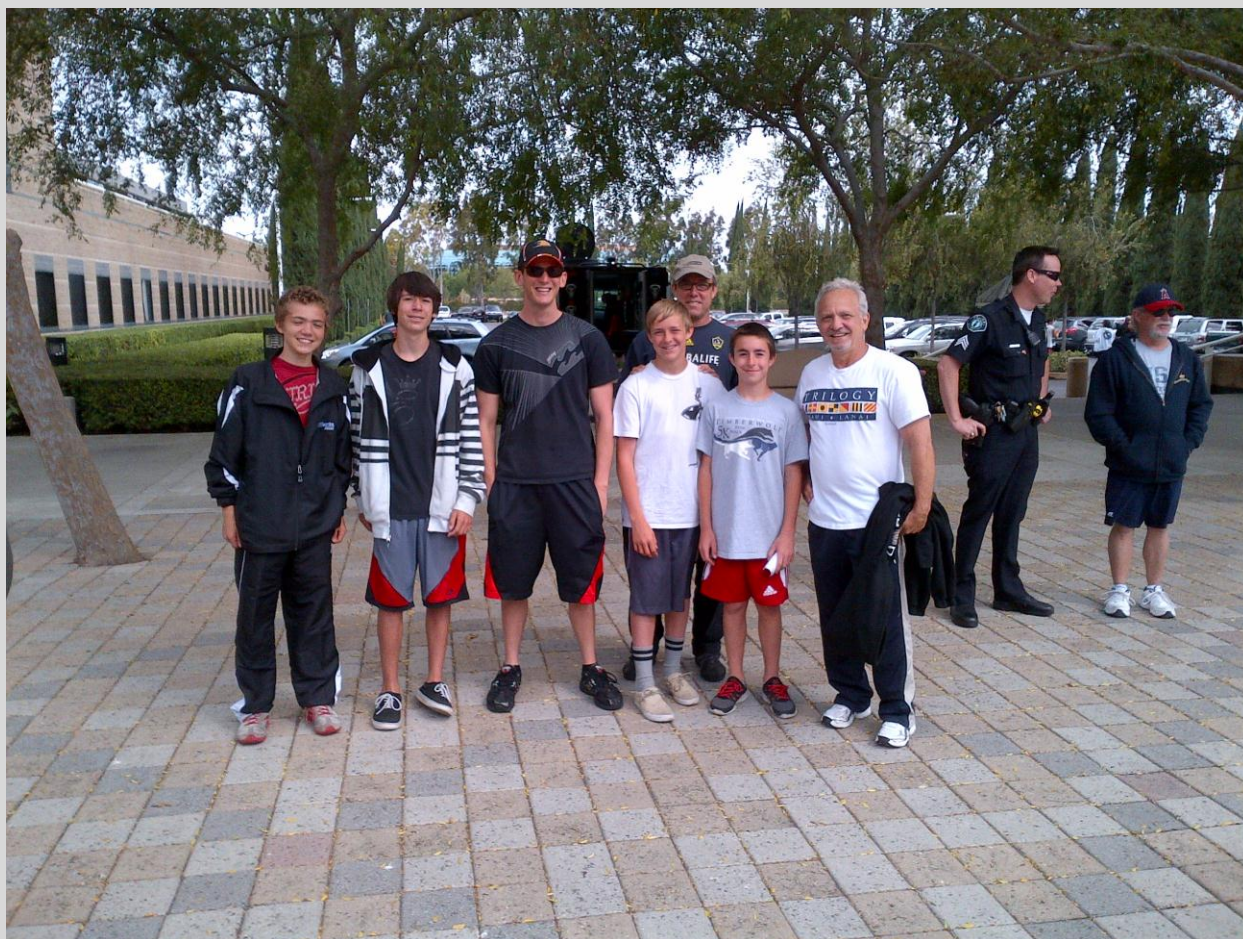
Hockey Team

Hello there hockey fans,

The Chargers hockey team had a very successful and eventful May, as we had plenty of games and participated in a charity event as well. Our winning streak finally came to an end last week, as the Chargers lost to El Rancho by a score of 11-5. We won our game prior to that against Newhart, 5-2, which brings our season record to 6-1. Our next games come this Friday, June 1st, at 5:55 and 7:45 against Isaac Sowers and Newhart. We have three games left in the season, and then our final playoffs. Feel free to come on down to the Irvine Inline rink and cheer us on!







On May 29th the boys and I also participated in the Pushups for Charity event at Irvine City Hall, benefitting The Boot Campaign, which provides assistance for returning veterans. Bryce M, Jacob H, Matt R, and Steven VZ were able to be there, as many of the other players were out of town due to the holiday weekend. We had a fun time, did a lot of pushups, and hopefully raised a sizable sum of money for our vets. Our team goal was to raise at least \$1500. Here are the pushup totals each person was able to do in 90 seconds:

Bryce M: 68

Jacob H: 58

Matt R: 56

Steven: 47

Mr. Z: 95

All of the proceeds from the event go towards supporting wounded veterans and their families. If you would like to help us reach our goal, feel free to click on the following link to make a donation. The fundraiser is open until June 10th.

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

Go Chargers!

Coach Z

Coming Up

Sierra Vista Physical Education Olympics

Lunchtime Ultimate Frisbee signups

Last PE newsletter

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