

Sierra Vista

Physical Education Newsletter

Wednesday, October 1, 2014

Good morning everyone! Below is the first PE newsletter of the year. I will send home one newsletter per month so you know what is going on in the world of physical education. Each week your son/daughter will learn about health, nutrition, and character education. They will participate in team/individual sports, strength training, cardio Wednesdays, and much more. I want to plant as many seeds in their young minds so they will know how to take care of their health for the rest of their lives. Please read below. Let me know if you have any questions.

Caldwell Health Fact

Did you know macronutrients (fats, carbohydrates, proteins) play a major role in your body? Proteins are needed to form the structure of your cells, organs, and bones. Fats are important for satiety and helps time release carbohydrates into your blood stream, and carbohydrates are the essential fuel for your body. Carbohydrates allow you to make ATP, which gives your body energy.

If you want to keep your blood sugar stable, I recommend eating a fat, carb, and protein together at each meal. For example, eating cheese with fruit would be a balanced snack which has fat, protein, and carbohydrate in it. This balanced snack will keep your blood sugar even and give you sustained energy until your next meal.

Health and Nutrition Articles To Get You Thinking

I am always learning as a teacher and health practitioner. Each month I will post different articles and topics to get you thinking more about exercise, nutrition, and health.

Physical fitness can help prevent young adolescents' depression, study finds

<http://www.sciencedaily.com/releases/2014/08/140807121448.htm>

Three Short Walks Reverse Harmful Effects Of 3 Hours Of Prolonged Sitting

<http://www.neomatica.com/2014/09/09/three-short-walks-reverse-harmful-effects-3-hours-prolonged-sitting/>

Health Hazards Of Sitting For Too Long

http://lifehacker.com/this-graphic-explains-all-the-health-hazards-of-sitting-1595834900?utm_campaign=socialflow_lifehacker_facebook&utm_source=lifehacker_facebook&utm_medium=socialflow

Why dentists are speaking out about the plastic beads in your toothpaste

<http://www.washingtonpost.com/news/to-your-health/wp/2014/09/18/why-dentists-are-speaking-out-about-the-plastic-beads-in-your-toothpaste/>

Physical Education Happenings

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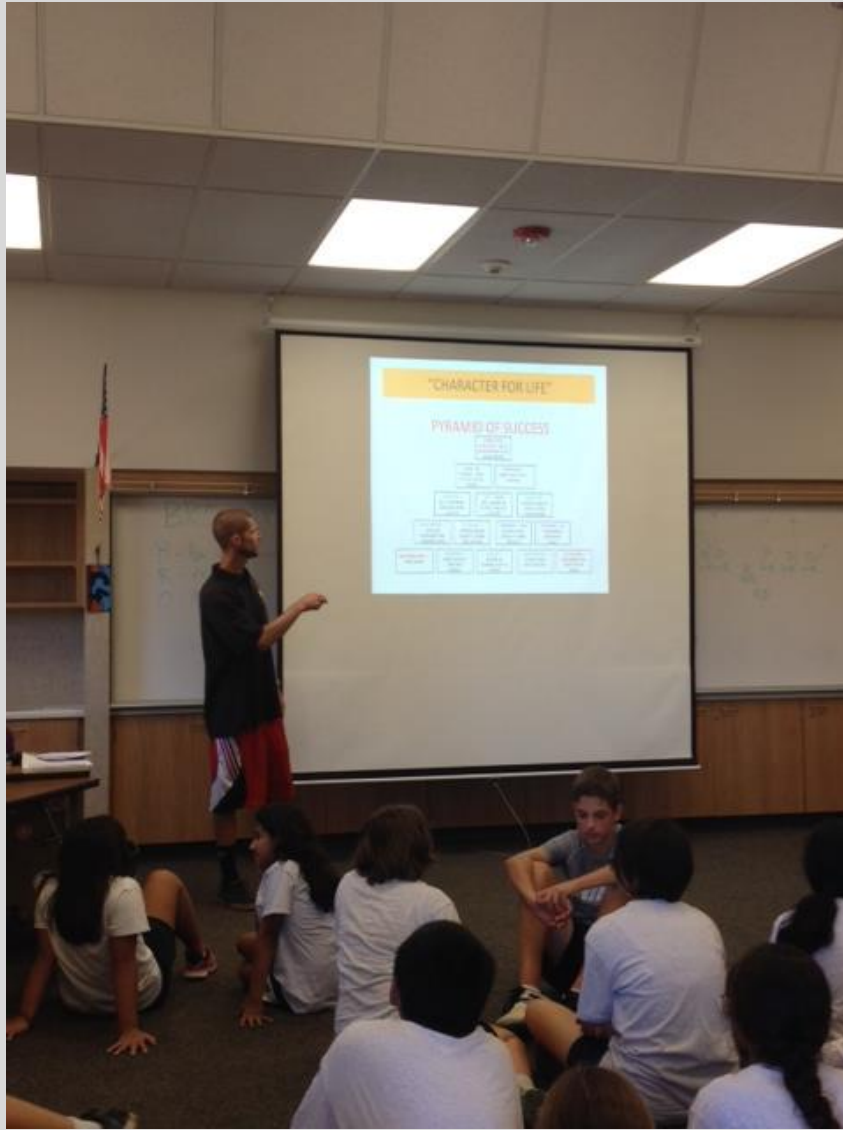
This month your son/daughter learned how to grip and throw a football, run pass patterns, and how to pull flags while playing defense. It was a little rough in the beginning but as the weeks went on, their skills improved in all areas. This past week they worked on flag pulling and had to create their own flag football practice, where they had to create a flag football warm up activity, skills activity, and cool down activity. Each class did a great job of communicating and working together as a group. Click on the link below to see some game action in class.

Game Action- <http://caldwellpe.com/morris-vs-caldwell-flag-football/>

Flag Pulling Practice- <http://caldwellpe.com/flag-pulling-practice/>

The past two cardio Wednesdays, they started to jog around the track, building up their stamina in hopes to run the official mile soon. In my class it's all about effort so if they work hard their efforts will pay off. After running, we covered the topics of proper hydration and character education, covering the topic of "becoming your personal best" using John Wooden's Pyramid of Success. As you can see below, students are broken up into groups of 5 to read out loud a 1-2 page handout on hydration. Then I bring the class back together and review the key points of whatever topic we are talking about. My goal is for them to absorb as much information as possible. As the year goes on, we will cover many topics in the world of health, nutrition, and character education.





On Thursday we went into room C-5 where each student practiced their squats, lunges and primal pattern movements. The week before, they practiced their push-ups and curl-up skills so ask them how many reps they did. I look forward to seeing each student progress as the year goes on.

Lunchtime Sports

Checkout the lunchtime Flag Football Champions below. Each player earned a new RVCA hat. Today is lunchtime 3 on 3 Basketball sign-ups. There will be no draft and all students are invited to play.



Coming Up

Staff vs. Student Flag Football Game

Soccer and Aussie Sports

Lunchtime 3 on 3 Basketball

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

