

Sierra Vista

Physical Education Newsletter

Thursday, June 4, 2015

Good morning everyone. I am sad to say that this is the last edition of the year. Thank you for all of your support this year. I have enjoyed teaching your son/daughter. Have a great summer!

Physical Education Happenings

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

In May I focused on teaching your son/daughter how to work all of the primal pattern movements. I reviewed the definitions of sets, repetitions, tempo, and rest. It is very important to me that when they go to the gym in the future they know how to set up a simple workout for themselves. Some of the exercises they learned were dips, bosuball squats, swiss ball-body- bar chest press, TRX chest press, TRX Ripper bicep curls and upright row, and Lebert Equalizer reverse pullups. Enjoy the videos below.

Video- <http://caldwellpe.com/primal-pattern-tuesday/>

Video- <http://caldwellpe.com/trx-suspension-trainerdipstrx-ripper/>





Target Heart Rate

Are you slacking off or working too hard? Learn how to estimate your target heart rate zone and start getting the most of your workouts.

Step 1: To find your maximum heart rate (MHR), subtract your age (say 20) from 220.
220 - 20 = 200

Step 2: Subtract your resting heart rate (RHR, say 70) from your MHR.
200 - 70 = 130

Step 3: To find your target zone, multiply the number you arrived at in step 2 by 60% (for the low end) and by 85% (for the high end). Then add your resting heart rate back in.
130 x .60 = 78; 78 + 70 = 148
130 x .85 = 110; 110 + 70 = 180

148 and 180 are the low/high ends of your zone.

Irvine Junior Games

The Irvine Junior Games was on Sunday, May 17 at Irvine High School. Sierra Vista had 34 participants and 6 medal winners. Please see below.

Jennifer F- Bronze Medal Soccer Kick, Silver 4 X 100 Relay

Kathleen O- Gold Medal 100 Meter Sprint, Record Setting Gold Medal Soccer Kick 145 feet,
Gold 400 Meter Run, Silver 4 X 100 Relay

Jodh K- Bronze Medal Soccer Kick

Alec O-Silver Medal Soccer Kick

Tara E-Bronze Medal Soccer Kick

Hevin G- Gold Soccer Kick

Markie B- Silver 4 X 100 Relay

Isabelle C- Silver 4 X 100 Relay

Pictures- <http://caldwellpe.com/2015-irvine-junior-games-highlights/>





Staff vs. Student Softball Game

Lastly, we had our annual staff vs. student softball game and of course the STAFF WON by a score of 9-4!

Video- <http://caldwellpe.com/staff-vs-student-softball-game/>



Lunchtime Sports

Congratulations to the "SVVC" for winning the 2015 lunchtime volleyball Champions. Each player above took home a nice "Active/Volcom" prize. Right now lunchtime ping pong is in full swing with the winner to be determined next week.

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

Sincerely,
Neal Caldwell