

Sierra Vista

Physical Education Newsletter

Tuesday, November 1, 2011

What's up guys? Another month has flown by and our PE staff has been very busy getting your son/daughter dialed in on health, nutrition, and exercise. In the months of October and January each student has a choice of teacher and activity. They were able to choose from dance, pickleball (paddle tennis), or soccer. Enjoy the newsletter.

Caldwell Health Fact

Did you know that organic food is grown without the use of toxic pesticides, herbicides, or chemical fertilizers? In my opinion, organic foods are better for your health. Many studies show that organic foods have a higher nutrient level than conventionally grown foods. I encourage you to eat as many organic foods as your budget allows. A good place to buy organic foods is Whole Foods Market, Mother's Market, Trader Joe's, local farms and farmer's markets.

Physical Education Happenings

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

It has been fun to watch your son/daughter teach soccer this month. Yes, you heard me right. THEY DID ALL THE TEACHING. Soccer is the only sport I let the students teach all the skills. They review all the important soccer terms and rules players need to know. It is very important for every student at Sierra Vista to learn how to speak in front of a group, but also take direction from one of their peers and communicate and work as a team. During each lesson my students had to talk about each skill, demonstrate the skill, then create their own practice, or drill, using the skill of the day. It was awesome to see what they came up with each period.

Two weeks ago we had four coaches from the Orange County Cricket Association come down and do a demo for two of our classes. It was a learning experience for us all and really fun to watch. We hope to play Cricket and Australian Rules Football sometime this year. This week we start my favorite sport at Sierra Vista, pickleball.

Mrs. Morris (mmorris@isud.org or 949-936-6653)

Dance with Ms. Morris. Students were entertained by the sounds of an Aussie 'bush band' whilst learning social dances, including "Heel 'n Toe" and "Stockyards". Students continued to develop their rhythmic skills and coordination while learning various line dances. I was impressed with the students' positive attitudes and ability create their own dances using various combinations of steps. This unit required consistent effort in the learning of new skills, an effort the students displayed throughout. Well done! Thank you for choosing dance this month. I hope you enjoyed it as much as I did!

Mrs. Cachola(jcachola@iusd.org or 949-936-6625)

This month, Mrs. Cachola's choice activity was Ultimate Frisbee. Her students were taught proper forehand / backhand throwing and catching techniques. After practicing these skills, students were divided into teams and played in a tournament. The official collegiate game rules were reviewed in class, but modified for our skill level and participation requirement. PE teams were required to have at least 5 passes and both genders were to catch and throw the Frisbee before a team could score a point. The 6th period 2011 Ultimate Frisbee winning team members consisted of Jason B., Greg G., Sally K., Grace K., David K., and Adam S. In addition this month's fitness activities included a circuit rotation of aerobic and anaerobic activities including: shuttle run, curl-ups, push-ups, tricep dips, jump rope, jumping jacks, and resting stations to monitor heart rate intensity and recovery time.

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

This month in Mr. Hough's class we have been participating in the game of pickleball. We have learned the official US Pickleball Association rules, the forehand/ backhand stroke, the volley, and the serve. We have also been working hard on fitness days testing on our muscular strength, muscular endurance, flexibility, and increasing our cardiovascular endurance. Next month we will be in the flag football unit and will be increasing the intensity of our fitness/cardio days.

Lunchtime Sports

Today, the "Heart's On Fire" took down the "Big Santa" by a score of 2-0 in the Sierra Vista World Cup soccer finals. We had over 115 students playing at lunch and each player on the championship team took home a Volcom hat or beanie. Again, lunchtime sports is a great way to have fun at lunch, meet new people, work as a team and exercise. Please encourage your son/daughter to come out and play. The lunchtime sports calendar is on www.CaldwellPE.com.

Lunchtime pickleball sign-ups were today. It's not too late for your son/daughter to sign-up. Have them come and see Mr. Hough or me tomorrow. Each team has 4-6 players, and games are played Monday-Thursday.

Neighborhood Sports

Hockey Team

The Sierra Vista Chargers have gone 3-0 in their first three contests so far this year, earning a 9-7 victory over CDM, an 11-4 win over Ensign, and an 11-7 victory over La Paz. The boys are really starting to work well together, and over the next few games we hope to strengthen our defensive play to play better in front of our goalie. This Friday (October 28th) we have a double header at 6:50p.m. and 8:40 p.m. at The Rinks – Irvine Inline (formerly the 949 roller hockey center). The boys always love playing in front of a big crowd. Come on down and cheer us on if you are in the area.

Harvest Cup Soccer

The Sierra Vista Boy's Harvest Cup soccer team won the championship by playing valiantly in all three games. The first game was a 2-0 shutout over Venado in the morning game. Then, in a total team effort, with three players out for another soccer game (two of them our goalies), we beat Lakeside on penalty kicks. Sam J. stepped up in goal, a position he is not used to, though no one would ever know by the way he played. Tim K. sealed the final goal in penalty kicks to win the semi-final. In the final, Hee Soo K. scored two goals. The team played like warriors to take home the trophy in a 2-0 showdown against Southlake. The boy's team consists of:

Takeru E.	Jimmy K.	Christopher N.
Sam J.	Matthew J.	Nikdel G.
Akima C.	Timothy J.	Josh J.
Conner B.	Zach B.	Kyler R.
Jack P.	Michael S.	Hee Soo K.
Cameron C.	Derreck F.	Aiden M.
Nicolas M.	Aniket M.	Tim K.

BIG THANKS to Coach Ngai & Coach Ghaemi for all their help this season.



The Girls Harvest Cup team placed 2nd in this year's tournament. The girls played their first game against Orchard Hills, where they won 5-0. Goals were scored by Chiny C, Aryanna D, Cara L (2), and Bianca Z. Assists were made by Taylor C, Chiny C, Aryanna D, and Carina H. Goals were saved by Tessa D and Renee S. Of course, the win would not have been possible without a strong defense led by Jessica H, Ashley L, and Tara R. The girls played the championship game with heart and talent, but Rancho won the final game 2-0. The 2011-2012 Girls Harvest Cup team roster includes Gabby A, Taylor C, Chiny C, April C, Tessa D., Aryanna D., Carina H., Rachel H., Jessica H., Serena K., Ashley L., Cara L., Natalie P., Tara R., Ashley R., Renee S., Bianca Z., Niyat Z.

International Walk To School Day

We had hundreds of students meet at Castle Park last Thursday for the annual International Walk To School Day. IWTSD is a great way to show the community of Irvine that our youth are serious about health and exercise. If you decide to let your son/daughter walk/bike/scooter/skateboard to school each day, instead of getting a ride, please go to www.CaldwellPE.com and print out the extra-credit form. Each student has a chance to earn 2, 5, or 10 extra credit points depending on what you decide as a family. Please take a look at the form.



Coming Up

Staff vs. student pickleball game.

Lunchtime pickleball sign-ups.

DiaboloFest(www.thediabolofest.com).

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