

# Sierra Vista

## Physical Education Newsletter

Monday, January 30, 2012

I can't believe it's February already! December was a short month, so I decided to combine that last two months for this newsletter. IRVINE JUNIOR GAMES ALERT! I will explain more about the Irvine Junior Games later in the newsletter but this year sign-ups are online at [www.irvinejuniorgames.com](http://www.irvinejuniorgames.com). I highly encourage you to sign up your son or daughter. It will be an awesome day.

### **Caldwell Health Fact**

Did you know that coconut oil can increase your metabolic rate by supporting your thyroid gland? Did you know that coconut oil has many antiviral, antibacterial, and antifungal fats that can help keep infection under control? Did you know that coconut oil can act as an antioxidant that can protect your cells from free radical damage? I recommend expeller pressed coconut oil from a company called Tropical Traditions. Make sure to start slowly with one-half of a teaspoon and you can go up to two tablespoons a day.

### **Physical Education Happenings**

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

Over the last couple of months I have been teaching your son/daughter about Dr. Movement (working-in vs. working-out), Dr. Diet (whole foods, organic, C.R.A.P. diet, fats, carbs, proteins, water), Dr. Quiet (sleep, total rest, passive rest, active rest), 6 types of stress(chemical, thermal, nutritional, physical, psychic/mental, electromagnetic), and living Above The Influence (alcohol, marijuana, cigarettes). Sports and fitness are two important parts of physical education but nutrition, mental/emotional health, and other health topics are very important as well. I encourage you to talk to your son/daughter about what they have learned, so far, next time you have a family dinner.

In December, we had an awesome 2 weeks playing Team Handball which is an Olympic sport. All skill levels can excel at this fun sport. THB is a fast moving and I know each student had a great time running, catching, throwing, dribbling, and scoring.

January was a choice month and we offered tumbling, basketball, and jump rope/ping pong. Students had to form teams of 6-8 and create a three to four minute long jump rope routine using long jump

ropes, short jump ropes, a ball, and hula hoop. Some of the groups incorporated their bike or scooter. Each student also participated in the red, white, and blue short jump rope clubs. Each color had a number of jumps they had to conquer before they could move on the next color. Lastly, a small number of students were able to play ping pong each day and have fun with their friends.

In February, we start our fitness month to get ready for the Fitness Gram testing.

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

Ms. Morris and Mrs. Cachola's PE classes got to know the basics of Flag Football throughout the month of December. We practiced throwing and catching spirals, learned about the role of key players and began designing pass patterns and running plays. We were very pleased to see the more experienced players in each class stepping into leadership roles, explaining strategies and plays to their teams.

On cardio days, students have continued to learn about the health-related components of fitness and develop their ability to pace themselves during the mile run. We are encouraged by the positive attitudes of many students as they set themselves new challenges and try to improve upon their mile time each month. Fitness testing will begin in March.

January has been an exciting month in the MPR as students have shown much dedication in learning various new skills. They have learned some basic elements that can be used in the design of floor routines including rotation, locomotion and balance. Students have also displayed wonderful character traits this month; they have been considerate and sensible, providing encouragement for peers whilst participating whole-heartedly in class activities.

Lastly, we'd like to thank the students for their part in putting "fun" and "fitness" into Friday Fitness Fun Day this month! We hope our students are developing an appreciation for all of the activities we introduce them to, as participation in these will help improve their fitness.

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

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**Mr. Hough**([dhough@iusd.org](mailto:dhough@iusd.org) or 949-936-6699)

The last couple months in Mr. Hough's class have been very productive and enjoyable. I have noticed a great progression of skills in class and students are working hard on our fitness/cardio days. In December we learned a variety of Frisbee throws and catches in the Frisbee unit. We learned throws like the hammer throw, the pitch, forehand flick, backhand, and how to throw for distance. I was extremely impressed with every students level of comprehension. We participated in Frisbee Golf, accuracy throwing, distance, and had a great time playing one of my favorite games "Ultimate Frisbee".

The month of January was a choice month, so student got to choose whether to participate in Tumbling with Mrs. Morris, jump rope/ping pong with Mr. Caldwell, or basketball with Mr. Hough. In basketball, we began with basic skills of dribbling, passing, and shooting. Before we knew it we began working on defensive strategies, team passing drills, shooting drills, lay up drills, give and go drills, and Gameplay! I'm confident that all students now have a great understanding of basketball at the basic level.

In February, we start the game design unit. Students will have the opportunity to create and demonstrate games for the whole class to enjoy!

### **Lunchtime Sports**

Lunchtime sports has been on fire the last two months! We had 14 teams with over 140 students competing in the Olympic sport of Team Handball. Games lasted the entire month of December and the playoffs went into January. I'm still amazed at the huge showing of student athletes. Congratulations to all teams who participated and to "Cash Money" who took the Championship by defeating the 7-0 team "Happy Feet". For the month of January we are participating in 3 vs.3 Basketball during lunch. Again, a massive showing. We currently have 35 teams with over 170 players participating. We are about to enter playoffs with 16 teams making it! To follow our lunch time sports program you can keep track of standings and schedules by visiting [www.caldwellpe.com](http://www.caldwellpe.com). The next lunchtime sport will be Around The World which is a fun shooting competition followed up by 5 on 5 basketball.

### **Irvine Junior Games.**

Hi everyone, it's Irvine Junior Games time again. This year the Irvine Junior Games in on Sunday, May 20 at Irvine High School. Registration will be done ONLINE at [www.irvinejuniorgames.com](http://www.irvinejuniorgames.com). The middle school deadline to register is March 8, so you have plenty of time to get it done. The Irvine Junior Games is a great way to give back, participate in friendly competition, and have fun with your friends and family.

The Irvine Junior Games is a family fundraising track and field meet involving more than 1500 4th-8th grade IUSD students, benefiting the Irvine Children's Fund. The Irvine Children's Fund(ICF) is a nonprofit

organization in partnership with the Irvine Child Care Project (ICCP) with the purpose of raising money to provide quality affordable, accessible before and after school child care for elementary school children, to provide child care scholarships for enrolled families, to assist in funds to maintain the facilities, and to provide grants to the elementary and middle schools and child care sites. There are now before and after school child care sites located on 21 elementary school sites in Irvine.

To participate each student will pay a \$25.00 registration fee. Each athlete will receive an official Irvine Junior Games T-shirt and all the proceeds from the athletes registration, the gates and the concessions benefit the Irvine Children's Fund.

Events- IJG has events for special needs and adaptive physical education children which is awesome. Here is the list of events to compete in. 100 meter sprint, 400, 800, and 1500 meter long distance runs, 4 x 100 relay, soccer kick, basketball shoot, and the running long jump. Top 3 finishers in each event will receive a Gold, Silver, or Bronze medal.

To see past medal winners and watch the Irvine Junior Games video go to [www.CaldwellPE.com](http://www.CaldwellPE.com) and click on the Irvine Junior Games button. We will promote the Irvine Junior Games in our PE classes over the next couple of weeks. Please let me know if you have any questions. I plan on having a huge turnout. Thanks!

### **Fitness Gram Testing**

Fitness Gram Testing is coming up fast. We will test all students from Sierra Vista during the month of March. The tests include the mile run/walk, push-ups, curl-ups, shoulder stretch, trunk lift, and body mass index. We have been training for this test weekly by participating in fitness days and our Wednesday cardio day. It is our goal for each student to meet the healthy fitness zone in each test but more importantly we want each student to work their hardest each week and over time their hard work will turn into positive health results. We also encourage each student to practice each test outside of their physical education class to improve their scores. To learn more about each Fitness Gram test go to [www.CaldwellPE.com](http://www.CaldwellPE.com) and click on the "study guides" button.

### **BMX Bike Show**

Last week Sierra Vista had a BMX bike show for all students who sold one item during our annual magazine fundraiser. We had over 600 students attend and as you can see from the pictures below, it was an awesome show. The riders performed many amazing freestyle bike tricks but the main theme of the BMX show was the riders talking about staying drug free, helmet safety, and how important science, math, english are to their future.







## **Neighborhood Sports**

### **Hockey Team**

The Chargers have had an eventful past two months, as the end of December brought them a Championship, and the beginning of January brought them a new season. The boys took home the trophy for the JVC division this past December, as they defeated Ensign in the semi-finals by a score of 13-8, and then held off Don Juan for a 7-5 victory in the finals. MVP honors went to Jacob H, as he had a combined 11 goals in the two games. Bishan W. also played his best two games of the season, helping the Chargers earn their first division title in three years. SV students are encouraged to view the team trophy in the quad trophy case. A special thanks to all of the teachers and parents who came out to support the team. We had the most fans in the stands that I have ever seen for a Chargers hockey game. The boys were so excited and thankful of the support.

Our winter season began January 6th, and the rust was apparent, as the Chargers fell 10-7 to Ensign, who exacted some revenge from their semi-final loss. The boys got their act together last week, however, as they won both games of their double header, each by one goal. Alex M. scored with 29 seconds left in the second game to put the team ahead after being tied for much of the 3rd period. It was quite an exciting finish!

The Chargers have games at 5pm each of the next two Fridays (January 27th and February 3rd), and all spectators are welcome. If you'd like to keep track of our progress, feel free to access the Irvine Inline web site at [www.irvineinline.com](http://www.irvineinline.com). Just click on Standings/Schedules, click any Friday on the calendar, and click on our team name.

Hope to see you at the rink!

Coach Zuercher

### **Coming Up**

Lunchtime Around The World sign-ups.

Lunchtime 5 on 5 Basketball sign-ups.

To learn more about Physical Education at Sierra Vista, go to [www.CaldwellPE.com](http://www.CaldwellPE.com). Please feel free to contact any of us. Thanks for your support!

Sincerely,

Neal Caldwell