

Sierra Vista

Physical Education Newsletter

Monday, October 3, 2011

Hello everyone and welcome to our first Physical Education Newsletter. At Sierra Vista we care deeply about PE and the impact it has on your son/daughter's health, physical fitness, personal-responsibility, social interaction, and group dynamics. At the end of each month the PE staff will update you on what is going on in each of their classes. I hope you enjoy the newsletter!

Caldwell Health Fact

Did you know that when you are sleeping your body repairs itself during the hours of 10 p.m. - 2 a.m., and the brain repairs itself from the hours of 2 a.m.- 6 a.m.? It is very important that your son/daughter gets 9-10 hours of sleep a night so this repair process can happen on a daily basis. I encourage you to have them in bed by 9 p.m. - 10 p.m. and sleep until 6 a.m. - 7 a.m. It will make a huge difference in how they feel whether they are playing sports or doing their school work.

Physical Education Happenings

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

During the first month of school my students have been playing flag football and learning the basic rules, like how to grip a football, how to throw and catch, basic pass patterns and how to play defense. My goal is for them to be able to watch a football game on TV, or play in the neighborhood, and know what is going on related to the rules and the different plays of the game.

I have also been very proud of each student for how hard he or she is working on the Wednesday run days. They are learning to communicate and work as a team. Last week they were timed on their first mile run, and they recorded how many push-ups and curl-ups they could do. They will record those scores once a month to see how they are progressing on each fitness test.

For our Thursday functional training fitness days, I introduced them to the primal pattern movements. Please go to www.CaldwellPE.com and click on "primal pattern movements" to watch the videos and try

them for yourself. This past Thursday in class, your son or daughter learned how to use kettlebells, a pull-up bar, the medicine ball, how to do the perfect push-up and much more.

Coming up this month in PE, your son/daughter will have a choice of playing soccer, dance, or pickleball.

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

My classes have enjoyed learning how to play the game of pickleball. We have been practicing the serve, ground strokes (forehand/ backhand), and we have been learning how to score a game. I have been very impressed by students who have assisted in the teaching process and encouraged others on their team. I have been equally impressed with those students who have shown appreciation to their peers and have had a positive attitude in learning new skills. On Wednesday, I will continue to encourage my students to participate in running activities. working to the best of their ability, as this will help improve our fitness.

For students who choose to participate in the upcoming dance unit, you can look forward to having some fun! We will be learning various social, line, partner and group dances.

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

This month Mrs. Cachola's class enjoyed playing Pickleball on the blacktop as their unit of focus. Students were taught the rules and skills necessary to play and ended the unit with a "King of the Court" Tournament. Stand out team play was demonstrated by team members: Haeley Tran, Morgan Yurosek and Ashley Larson, as well as by team members, Josh Lopez, Matt Weyand, Jake Margolin and Conner Shute. The team that won the tournament and earned the title of, "King of the Court" consisted of Charles Li, Ashwin Ramaswamy, Kavi Mathur and Jacob Saiz. Congratulations to all my students for participating and exhibiting exemplary sportsmanship. Keep up the good work! In addition to playing Pickleball, students were introduced to the Fitness Gram tests and recorded their preliminary Fitness test scores for the month of September on their individual Fitness log sheet. Each month students will practice these fitness tests and record their new scores on their log sheet. Near the end of the trimester on Monday – Wednesday, November 28th-30th, this assignment will be collected for 30 points.

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

This September we have been off to a great start studying the game of slow pitch softball! We are learning all of the skills required for participation, the rules, batting skills, fielding, play decision-making, and the specific roles of each position. Throughout the month we have been incorporating interval jogging, and we have been building up our endurance for the mile run. Students also have had an introduction to the concept of sets and repetitions, learned some various core exercises, and have learned the importance of form and technique.

Lunchtime Sports

Lunchtime flag football just wrapped up with the “No Love” taking down the “Chargers 2” by a score of 42-19 in the Sierra Vista Super Bowl. We had over 150 students playing at lunch, and it was awesome to watch so many students having fun with their friends, playing football, and meeting new people. Each player on the Sierra Vista Super Bowl winning team received one Volcom t-shirt. Thank you to all teams who played.

During the first week of October we will have lunchtime soccer sign-ups. All girls and boys are invited to play. There will be no draft, and all students who sign-up will be put on a team. Remember, lunchtime sports is a great way for your son/daughter to exercise, meet new people, have fun, and learn how to work as a team. To see the lunchtime sports calendar and prizes offered go to www.CaldwellPE.com.

Neighborhood Sports

From Coach Eric Zuercher. Well, the boys had their first game of the new season this past Friday night and came away with a 9-7 victory. We were definitely rusty and looked a little sloppy at times, but the kids had a great time, and we already have as many wins this year as we did all of last year (don't ask). Special thanks to Todd Munoz and Karen Feng for coming to the game and cheering us on. :)

Here is our roster for this year and the schedule can be found at www.949rollerhockey.com.

Bryce M

Seth M

Jacob M

Eric S

Jake L

Steven VZ

Jacob H

Bishan W

Conner S

Nick L

Coming Up

Staff vs. Student Flag Football Game is on Wednesday, October 5th at lunchtime.

International Walk To School Day is on Thursday, October 27, 2011. More information to come.

Harvest Cup Soccer Tournament Results.

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