

Sierra Vista

Physical Education Newsletter

Tuesday, November 6, 2011

Good morning everyone. I hope you all had a nice Thanksgiving break with family and friends. We had another awesome month in the world of PE. It has been fun for all PE teachers to watch your son/daughter learn about health and nutrition, grow socially, and improve their sports and fitness skills.

One piece of information you all should know, is Dave Hough started the Sierra Vista "Wall of Fame" at the end of last year and it has continued to grow in popularity this school year. The Wall of Fame is a fun challenge that all of our students can participate in each month during class and tutorial. The challenges include running the mile, most curl-ups, most push-ups, longest wall squat, longest plank, longest flex-arm hang, most pull-ups, and any amazing achievement that might happen during PE. For the mile run if you are a boy and run the mile in 6:30 or less or 7:00 or less for girls, you will make what's called the Sierra Vista Milers Club and receive 1 free Sierra Vista Milers Club t-shirt that you can wear to PE class. To learn more about the Wall of Fame and to see who is already on the list, go to www.CaldwellPE.com and click on the Wall of Fame button on the left side of your screen.

Caldwell Health Fact

Keeping your blood sugar balanced each day will even out your appetite, increase your metabolic rate, reduce emotional eating and lower your tendency to store fat. When your metabolic rate increases, you can also burn fat more efficiently. That is why it is important to eat fats, carbohydrates, and proteins together at each meal.

Physical Education Happenings

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

PICKLEBALL! Pickleball has been awesome this month. It's my favorite sport at Sierra Vista and with a little practice and learning the proper techniques of tennis, most students really improved and could actually rally back and forth many times. I want to give a shout out to all the girls for working hard and playing well each period. You guys did an amazing job. Next we have team handball which is an Olympic

sport. All skill levels will excel at this game. If all goes to plan, I am going to introduce yoga to all classes in the next couple weeks. Yoga is a great way to tone, strengthen, and stretch and will be a challenge for all students. The next Wall of Fame challenge is this Wednesday during tutorial so please encourage your son/daughter to come out and go for it. Lastly, a couple weeks ago I gave all my students a group quiz on what I have been teaching them on “Dr. Diet” and “Dr. Movement” and was very pleased that about 90% of the groups earned an A or B. I hope you guys have had some good conversations at the dinner table about what I have been teaching. It is my job to give them as much information as possible in the world of health, nutrition, and exercise so they can make an informed decision on how they want to keep themselves healthy and vibrant. Let me know if you have any questions in that area.

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

This month my classes impressed me with their softball skills. We learned all of the field positions and students were given various opportunities to practice each. Students improved their throwing, catching and batting techniques as the month progressed. Teams were selected and formed in various ways, allowing students to further develop leadership, communication and teamwork skills.

On cardio and fitness days, students have been learning how to measure the intensity of their work and how to pace themselves so that they are able to complete endurance activities. Congratulations to students who have used qualifying opportunities to become part of the SVMS Milers Club! Good work team, we have had yet another fantastic month of PE at SVMS!

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

This month Mrs. Cachola’s PE activity was Softball. Her students were taught proper hitting, throwing and catching techniques. After practicing these skills, students were divided into teams and played in a tournament. After the Thanksgiving break, a grade level All Star team was selected based on participation and performance to play each other. This year the 7th graders outplayed the 8th graders. 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, agility ladder drills, jump rope, coordination throws and catches, and a rest station to monitor heart rate intensity and recovery time. Finally, 1st Trimester Fitness Logs were also collected and scored to complete the grading period.

7th Grade All Stars: Joe B, Jason B, Anthony E, Greg G, Sam K, David K, Caleb N, Adam S, Matt W, Daniel W

8th Grade All Stars: Zaen A-T, Samantha H, Jinwoo K, Charles L, Joshua L, Jake M, Ashwin R, Jacob S, Conner S, Haeley T, Morgan Y.

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

This month in Mr. Hough’s class we have been enhancing our manipulative skills and have been keeping fit by participating during the flag football unit. Students have learned many of the skills necessary for participation in flag football. They have also learned their offensive and defensive roles in the game during game play situations. I have been really impressed with the teamwork, creativity in game plays, and their level of game comprehension. Students have also been working hard on their health related fitness. Many students have been striving to reach goals they set on their mile run and have been

increasing their level of muscular strength & endurance during fitness activities. So far we have over 30 boys and girls running the mile in under 7 minutes and many others impressing with their distance running efforts! In December, we will be participating in the one of my personal favorites, the Ultimate Frisbee unit.

Lunchtime Sports

Lunchtime pickleball was going off this month. We had 35 teams and every team was very competitive and had a great time. Each lunch period it was awesome to see so many students enjoying themselves and to see a ton of students come out to watch and enjoy the games. The top 16 teams made the playoffs and the “Don’t Cry Kids, It’ll Be Over Soon” led by Zach B, MR. ZUERCHER, Connor B, Kevin W took down my team(I was absent and home sick like a little baby) the “Ivan Kim” Kunal A, MR.CALDWELL, Timothy J, Matthew J, Ethan L, Josh B by a score of 36-23. Each player earned 1 Volcom wallet as their prize.

Lunchtime team handball sign-ups will be sometime this week so please encourage your son/daughter to sign up.



Neighborhood Sports

The Chargers Roller Hockey team has hit a bit of slump in the month of November, losing 4 in a row to some tough opponents. The boys played some of their best hockey last game against Isaac Sowers, but came up a bit short losing 5-3. Their defense has really improved, allowing the fewest number of goals this season over the last two games. There are two more games this season before the playoffs. Currently their record is 4-4 and they are in 3rd place. Our next games are December 2nd at 5pm against CDM, and December 9th at 5:55pm against Ensign. Playoffs are on the 16th, and they hope to be there.

Coach Zuercher

Irvine Hoops Classic. Written by Jenna H.

The Irvine Hoops was a basketball tournament that is done every year with competing schools; this year for a breast cancer fundraiser. It is similar to the soccer harvest cup done every year. Our girl's team had practiced for a few weeks and was ready for our first game against lakeside; we wore pink to support breast cancer. We warmed up, though it was hard to focus because we were so anxious. In the beginning of the game the score was very close, but soon around the middle of the game we started winning. The whole game was full court press so when the score was around 20 to 40 we stopped pressing and dropped back into zone defense. Soon enough the game was over and we won. We all left and got a small snack to get energy for the next game. Two of our most aggressive players had to leave and we were left with 7 players for the championship game. In the beginning of the next game we were losing, only by a few points but we pressed hard the whole game and tried our best at trying to keep them from driving and getting easy points. It was a constant race; steal after steal and a super intense game. When the game was almost over the other team had started to slow down, we were just getting started. When the game ended and we saw we had won we were all really excited but stayed level headed and shook the hands of our friend before walking out. We later found out that our Sierra Vista boy's team had won as well! It was so fun and I was really glad I did it; we really got to know new people and play basketball for a good cause.

Also, the Girls team made the OC Register recently. A photographer snapped pics and posted. The girls wore pink to help raise breast cancer cure efforts.

<http://www.ocregister.com/news/school-328710-middle-vista.html>



Michael B, Zach B, Sam C, Justin W, Justin D,
Matt W, Joe S, Akshay H, Joey F, Peter N,
Cameron K



Gabi K, SidneyCara A, Lauren T, Kaitlyn H
April C, Jenna H, Rebecca Y, Kaitlyn C, Eman A

Coming Up

Staff vs. Student pickleball game.

Lunchtime team handball sign-ups.

Diabolofest is coming on December 5. Go to www.thediabolofest.com to learn more.

Sincerely,

Neal Caldwell