

Sierra Vista

Physical Education Newsletter

Wednesday, May 1, 2013

Good afternoon! For those of you who have a son/daughter playing sports next year at Northwood high school please click on the link <http://www.northwoodhigh.org/attachments/article/295/Summer%20Camp%20Flyer.pdf> to see athletic summer skills camps that are available. For this PE newsletter we combined the months of March and April. The year is quickly coming to an end but we still have more to do in our physical education classes. Thanks for all of your support.

Caldwell Health Fact

Did you know that according to Paul Chek 50-70% of your calories are used to just stay alive, 10-25% of calories are needed for daily activities, 5-15% of calories are needed for digestion and elimination? YOU NEED CALORIES! Each person needs a different amount of calories, different ratios of fats, carbohydrates, and proteins in their food plan and need to eat frequently throughout the day. You are what you eat so make sure to eat nutrient dense, digestible, whole foods that are loaded with healthy fats, carbohydrates, proteins and good sugars to fuel your cells.

Physical Education Happenings

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

In the month of March your son/daughter learned how to play ultimate Frisbee. Each student learned how to grip a Frisbee, along with how to perform a back hand throw, forehand throw, and my favorite, the hammer throw. There was a lot of game play and we finished off with a fun game of Frisbee golf. Click on the link to see some Frisbee golf action.

<http://caldwellpe.com/archives/3921>

This past month, it was softball time. Some of the skills that were covered were: how to throw and catch a softball, how to grip a bat, batting stance/hitting technique and the rules of the game. We also worked on our primal pattern movement/strength training skills so please click

on the link to see Sierra Vista's finest trying out medicine ball squats, reptilian crawling, kettlebell split squats, and pull-ups/flex-arm hang.

<http://caldwellpe.com/archives/3962>

Mrs. Morris(melindamorris@iusd.org or 949-936-6653) and **Mrs. Cachola** (joancachola@iusd.org or 949-936-6625)

In March, our students were given the opportunity to design their own game. Students were able to use their imagination and knowledge of traditional sports to develop an activity. They selected equipment, a playing area, created strategies, rules and a scoring system. The students refined their game design during practice time and presented their final idea to peers. We enjoyed seeing our students sharing ideas and building their games! It was great to see teamwork in action! In addition, seventh graders worked hard during fitness activities and completed their Physical Fitness Testing.

During the month of April, our classes played soccer. We spent time practicing basic skills using drills and game-based activities. Team leaders stepped up this month, helping design warm-up activities and sharing their knowledge of the game with others. We finished the month playing in a class tournament. Students have also continued to set themselves new goals and challenges on Cardio Days. We have seen improvement in mile-times and have been pleased with the number of students joining Miler's Club. Keep up the good work!

Mr. Hough(davidhough@iusd.org or 949-936-6649)

The last two months in Mr. Hough's class have been action packed. In the Month of March we were busy testing for the State Fitness gram test and we also participated in the Olympic sport of Team Handball. Team Handball is most similar to water polo on dry land and includes a ton of passing and shooting on a goal. It was so great to see all the seventh graders work so hard on the fitness test. Many students ran the mile well below their healthy fitness zone required time and performed really well on the strength and endurance portions of the test. We are currently wrapping up one of my favorite units-Pickle ball. Pickle ball is an exciting hybrid of badminton, tennis, and Ping-Pong.

In the month of May, we will be transitioning into the recreational games unit. In this unit we will be exploring a variety of games like bocce ball, adventure games, and individual sports like golf. May should be a ton of fun!

Lunchtime Sports

We just wrapped up our lunchtime sports Championship Softball game. Congratulations to The Close Talkers who defeated The Zuerchers in the Final Game. We also just held our Volleyball sign-ups and we ended up with sixteen teams. Let's see who makes it to the Championship game!

Softball Game-<http://caldwellpe.com/archives/3966>

Lunchtime Softball Champs-"Close Talkers"



Staff vs. Student Softball Game

This year the Sierra Vista staff lost by a score of 2-0 in the annual staff vs. student softball. Well done to all students who participated. The whole school came out to cheer on their fellow students and it was a fun time for all. Click on the link below to watch the entire game.

<http://caldwellpe.com/archives/3982>



Neighborhood Sports

Hockey Team

The Chargers had an eventful March and April, as they finished up their winter season, and began the spring season. The boys entered the winter season playoffs having to face their arch-rivals Pioneer, an undefeated team from the regular season. Having been beaten by them twice during the season, the boys knew they had an uphill battle ahead of them in order to reach the finals. They came out strong, going up by two goals in the first period, but Pioneer eventually tied it with two of their own. Two costly penalties put the Chargers at a two man disadvantage to begin the third, which Pioneer scored twice on to take the lead for good. Matt Liu added a late goal, but it wasn't enough, as Pioneer won 5-3. It was one of the best played games by the team all year, but they came up just short.

The team has started the third season in a bit of a slump, losing 3 close games in a row by a combined total of four goals. They hope to get back to their winning ways next game though, as they have practiced their power play, which has been their downfall so far this season.

On the community side of things, the boys are participating once again this year in the Push-Ups for Charity campaign, hosted by the Irvine Police Department and Custom Bodies Fitness, our friendly neighborhood gym. Each player will be given 90 seconds to do as many push-ups as possible, and then collect donations from their sponsors based on how many they do. It is a great event which benefits a great cause, The Boot Campaign, which provides various means of assistance to our wounded veterans. All of the players and myself are currently looking for sponsors, or people to give a flat donation. You can take a look at our fundraising page here:

<http://www.crowdrise.com/pucirvine/fundraiser/ericzuercher>

Every little bit helps. Please consider helping the boys out in their quest to raise \$2,000 for this worthy cause.

Go Chargers!





Middle School Program News

The Middle School Program's last sport session was volleyball, and Sierra Vista's team, 'Tony tha Tiga,' took home gold at the district wide tournament. Congratulations to Ryan N., Danielle L., Carly D., Rachel W., and Jacob B. on their accomplishment. The current sports session is lacrosse and it runs from April 23rd to May 16th.

On Friday April 26th, a group of six students were taken to Etnies' skate park after school. Thank you to all participants, we had a blast. Our next Friday recreation course is *Surf Sports* and it runs every Friday from May 3rd to May 31st. Students will be taken to the beach for bodyboarding, surfing, stand-up-paddleboarding, and kayaking. The last day of the course will include an overnight campout at the Newport Dunes.

Congratulations to Katherine P for winning *Irvine's Got Talent* city wide talent show! MSP had open auditions at all five Irvine middle schools, and 18 participants were selected to perform at the show. Katherine won a professional recording session at the Hurley studio, and a free night out to dinner and the movies with thirteen friends.

For more information about the Middle School Program, or for questions or comments, please feel free to contact me.

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Coming Up

Lunchtime Volleyball Finals
Sierra Vista Olypmics
Irvine Junior Games

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

Sincerely,
Neal Caldwell