

# Sierra Vista

## Physical Education Newsletter

Friday, October 31, 2014

What's up guys? Another month has passed so it's time to get you up to speed on all physical education happenings. Your son/daughter participated in soccer (Caldwell) or rugby/cricket (Morris/Cachola) along with running the mile. This past week was Red Ribbon Week so each student learned about the harmful effects of illegal drugs on your body. Please enjoy the information below!

### **Caldwell Health Fact**

Did you know that orange juice is loaded with B1, B2, B6, folic acid, potassium, and vitamin C? Vitamin C supports immune function, aids in detoxification of heavy metals, is an important anti-oxidant, and is important in the maintenance and formation of collagen. I recommend drinking pulp free OJ, as the pulp can also be inflammatory. Make sure to sip the OJ and eat it with a fat and protein to help balance blood sugar and provide stable energy to your cells. I like the unpasteurized OJ from Trader Joe's, the Evolution Organic OJ from Mother's Market or Whole Foods, or you can just make your own. Make sure the OJ you buy settles into two layers. Usually the OJ's that don't separate have been treated with an enzyme that dissolves the pulp into the product.

### **Health and Nutrition Articles To Get You Thinking**

I am always learning as a teacher and health practitioner. Each month I will post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such as exercise and ADHD, health benefits of coffee, physical effects of sleep deprivation, the health effects of GMO foods.

<http://www.theatlantic.com/health/archive/2014/09/exercise-seems-to-be-beneficial-to-children/380844/>

<http://www.psychologytoday.com/blog/suffer-the-children/201203/why-french-kids-dont-have-adhd>

<http://www.msn.com/en-us/health/medical/decaf-or-regular-coffee-is-good-for-your-liver/ar-BB8zduT>

<http://www.foxnews.com/health/2014/10/16/7-physical-effects-sleep-deprivation/?intcmp=features>

<http://naturalsociety.com/kids-suffering-inflammatory-bowl-disease-eating-gmos/>

## **Physical Education Happenings**

**Mr. Caldwell**([nealcaldwell@iusd.org](mailto:nealcaldwell@iusd.org) or 949-936-6649)

This month your son/daughter had a choice of playing soccer with me or rugby/cricket with Mrs. Morris. Soccer is the one sport each year where I as the teacher do not teach any of the skills, drills, or terms of the game. The students do all the teaching and it's really fun to watch different students step up and lead each day. I'm very big on building leaders both verbally and by action. Each student learned how to dribble, pass, trap, and perform a throw-in properly, along with learning most of the key terms and rules of the game.

This past Monday we had the diabolo (Chinese Yo-Yo) people come. All the students were able to practice their skills and come out during tutorial to use our PE diabolos. Check out the diabolo teacher Patrick showing off his skills. Next month we will start pickleball, which is like paddle tennis.

Diabolo Video- <http://caldwellpe.com/diabolofest-time/>

During our Cardio Wednesday we added nine new "Milers Club" members. If any student runs the mile in 6 minutes and 45 seconds or less they will earn one free "Milers Club" t-shirt (that you can see below). Also after we run on Wednesdays we usually go inside or sit in the shade and learn about a topic in the world of health, nutrition, and character education. In October, my students learned about what a fat, protein, and carbohydrate is, what they do for their bodies, and what foods have each macronutrient in them. So far, they have learned about how to hydrate properly, the healing power of sleep, and now they are beginning to learn about proper nutrition.

Since this past week was Red Ribbon Week, I went over the harmful effects of illegal drugs on your body. I followed that up with showing two "Natural High" videos one from soccer star Tim Howard and another from professional surfer Bethany Hamilton. I encourage all of my students

to find their natural high and take care of their bodies for the rest of their lives. Check out the two videos below.

Natural High Video- <http://caldwellpe.com/milers-club-and-natural-high/>

Cardio Wednesday Video- <http://caldwellpe.com/cardio-wednesday-and-what-are-fats-proteins-and-carbs/>

**Please see pictures below!**









## **Lunchtime Sports**

Congratulations to the “Combat Wombats” for winning the lunchtime 3 on 3 basketball finals by a score of 18-9. Each player took home a mini basketball for their prize. Lunchtime softball is next.

Lunchtime 3 on 3 Basketball Finals Video- <http://caldwellpe.com/3-on-3-lunchtime-basketball-champs-combat-wombats/>

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

Sincerely,  
Neal Caldwell