

# Sierra Vista

## Physical Education Newsletter

Tuesday, April 28, 2015

Hello everyone! I have combined the last 2 months of P.E. in this newsletter and I hope your son/daughter has been coming home each day talking about the new and exciting things they have been doing in class?

For 7<sup>th</sup> grade parents who are interested I will be teaching a fun PE enrichment summer school class at Venado. The class descriptions and the link to sign-up are below. Please let me know if you have any questions.

Sign-Up Here- <https://www.ipsfacademy.org/index.php?pro=5>

### **Classes are held Monday – Friday**

Period 1 Classes are 8 to 9:20 am “Racquets and Paddles”

Period 2 Classes are 9:30 – 10:50 am “Racquets and Paddles”

Period 3 Classes are 11 am to 12:20 pm “Game On”

Students may register for up to 3 classes

Click on the link below to learn more about the NORTHWOOD HIGH SCHOOL ATHLETICS 2015 Summer Skills Camps.

[http://www.northwoodhigh.org/attachments/article/86/2015%20Summer%20Camp%20Flyer%20\(Final%20final\).pdf](http://www.northwoodhigh.org/attachments/article/86/2015%20Summer%20Camp%20Flyer%20(Final%20final).pdf)

### **Caldwell Health Fact**

I am a big believer that you know exactly what is in the food you are eating and putting in your body. GMO foods has been a hot topic in the news lately so I thought I would put a link below to those who are interested in learning more about genetically modified organisms.

<http://www.nongmoshoppingguide.com/>

## **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 coconut oil, GMO's, toilet health, and the health benefits of cold showers.

*5 Simple Beauty Products You Can Make From Coconut Oil*

<http://www.mindbodygreen.com/0-8352/5-simple-beauty-products-you-can-make-from-coconut-oil.html>

*Most popular protein powders loaded with artificial sweeteners, modified (GMO) corn starch and toxic dyes*

[http://www.naturalnews.com/049116\\_protein\\_powders\\_artificial\\_sweeteners\\_modified\\_corn\\_starch.html](http://www.naturalnews.com/049116_protein_powders_artificial_sweeteners_modified_corn_starch.html)

*For Best Toilet Health: Squat or Sit?*

[http://articles.mercola.com/sites/articles/archive/2012/12/03/toilet-squatting-position.aspx#\\_edn2](http://articles.mercola.com/sites/articles/archive/2012/12/03/toilet-squatting-position.aspx#_edn2)

*Ten Health Benefits of Cold Showers*

<http://wakeup-world.com/?s=ten+health+benefits+of+cold+showers>

*10 Health Benefits of Cold Showers*

<http://www.guidinginstincts.com/2012/04/10-health-benefits-of-cold-showers.html>

## **Physical Education Happenings**

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

The past 2 months have been action packed. It is very important that my students understand that there is more to life long health then just doing exercise. Eating right and digestive care is just as important. In March/April we covered ultimate Frisbee, softball, bocce ball, and a fun project adventure and team working game. The video is below. We also covered a very unique

stretching and strengthening activity called ELDOA. I have been teaching them how to keep their spine as healthy as possible along with their fascia. Last week we went into our strength training/fitness room and worked on our pull-up, flex-arm hang skills and I created a fun jungle gym/parkour course that everyone enjoyed. To top it off each class learned about “is your digestive system healthy?” and the importance of having a bowel movement every day. I showed them what I call the “poopie lineup” and as you might guess many students were embarrassed when I was talking about this subject. Next week I am going to teach them how read a food label and compare the “Gatorade” energy bar vs. the organic food bar. If they can make small changes to their health plan they will get huge benefits.

To finish up the year we are going to go back and review flag football, soccer, and ultimate Frisbee then take on Mrs. Morris class in our annual Sierra Vista Olympics. Take a look at the videos and pictures below to see all of the action. Thanks for all of the support!

*Jungle Gym/Parkour-* <http://caldwellpe.com/jungle-gym-course/>  
<http://caldwellpe.com/new-jungle-gymparkour-course/>

*ELDOA*







*Food Label*

<http://www.gatorade.com/products/g-series/whey-protein-bar>

<http://organicfoodbar.com/products/organic-food-bar-65g/protein-pure-and-powerful/>

*Bocce Ball*



Project Adventure- <http://caldwellpe.com/project-adventure-time/>

## Lunchtime Sports

Lunchtime Soccer Champs the “Beck Hammer.” Each player earned one free “Active” shirt!



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