

Sierra Vista

Physical Education Newsletter

Tuesday, October 27, 2015

Good morning! I hope you all have had a nice October. PE was jam packed this month. Please enjoy all of the PE Happenings below.

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.

Health and Nutrition Articles to Get You Thinking

I am always learning as a teacher and health practitioner. Each month I post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics on toxins hidden in vitamins and whether you should really rest, ice, compress, and elevate (RICE) an injury.

http://www.naturalnews.com/039638_toxins_ingredients_nutritional_supplements.html#

<http://eastwesthealing.com/healing-rice-therapy/>

Physical Education Happenings

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

This past month your son/daughter had a choice of cricket/rugby or long/short jump rope. I was

in charge of jump rope and each student had a great time creating a 3-5 minute “long jump rope routine.” Each group of 6 students had to learn how to communicate, cooperate, and create a fun routine which they performed for the class. Each student also took on the red, white, and blue short jump rope clubs. Jump rope has many health benefits such as building cardiovascular fitness, burning calories, improves agility, hand-foot coordination, rhythm, balance, speed, and develops muscular strength and endurance. Please see the videos and pictures below.

For our Cardio Wednesdays, students did some spring work, mile-run, and jog-walking. This month we also had a guest from Diabolofest (Chinese yo-yo) perform for our students and each student had an opportunity to try this fun and challenging activity.

You would also be happy to know that we covered how to properly hydrate our bodies and THE POWER OF SLEEP. Yes I explained to them how “cool” sleep can be and it is my hope that they will start to go to bed earlier during the week.

Diabolofest- [http://caldwellpe.com/diabolofesssssssst/](http://caldwellpe.com/diabolofesssssssssst/)

Practice Long Jump Rope Routines- <http://caldwellpe.com/practice-long-jump-rope-routines/>





Lunchtime Sports

Congratulations to "Mathot and Co." for winning the lunchtime 3 on 3 basketball tournament. Each player took home a nice Wilson mini basketball. Lunchtime softball is next.



2015 Harvest Cup Soccer Tournament

Well done to all Sierra Vista students who participated in the 2015 Harvest Cup Soccer Tournament. Both the girls team and boys team won the championship!





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

Sincerely,
Neal Caldwell