

Sierra Vista

Physical Education Newsletter

Monday, October 5, 2015

Hello Everyone, the first month of PE is in the books, and we have enjoyed getting to know and teach your son or daughter about exercise, health, and nutrition. I will send out one PE newsletter each month. Please read the PE happenings below, and let me know if you have any questions.

Caldwell Health Fact

For all of you coffee drinkers out there: Did you know that coffee drinkers have a lower incidence of thyroid disease, including cancer, than non-drinkers? Caffeine protects against cancer caused by radiation, chemical carcinogens, viruses, and estrogens. Coffee provides significant quantities of magnesium in addition to other nutrients, including vitamin B1. Coffee inhibits iron absorption if taken with meals, helping to prevent iron overload. Some tips I recommend when drinking coffee are: do not drink coffee on an empty stomach, add cream or milk with gelatin(Great Lakes Gelatin) from a clean source to help keep blood sugar from dropping, and add sugar if needed. Click on the links below to read an informative article by Ray Peat about coffee and caffeine and some coffee tips from Rob Turner.

<http://raypeat.com/articles/articles/caffeine.shtml>

<http://www.functionalps.com/blog/2014/06/04/coffee-done-right-tips-to-help-avoid-coffeeintolerance/>

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 such as our water supply, coffee, and low back pain for athletes.

STOP NESTLÉ FROM SUCKING MY STATE DRY

<https://community.sumofus.org/petitions/stop-nestle-from-sucking-my-state-dry>

Coffee loves your liver, study finds

<http://www.smh.com.au/lifestyle/diet-and-fitness/coffee-loves-your-liver-study-finds-20141014-115tnu.html>

INTERESTING ARTICLE ABOUT LOW BACK PAIN FOR ATHLETES

<http://www.eldoamethod.com/blog/2015/8/12/interesting-article-about-low-back-pain-for-athletes>

Physical Education Happenings

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

During the month of September your son/daughter learned how to play flag football. Some of the skills they learned were grip, throwing and catching, pass patterns, flag pulling, along with how to communicate and cooperate as a team.

Flag Football Assessment

Video- <http://caldwellpe.com/flag-football-assessment/>



This past Wednesday they ran their first mile. Many students earned a “Milers Club” shirt by running the mile in 6 minutes and 45 seconds or less. See the photos below. All classes did an amazing job and I appreciate their effort.





Lastly, on Thursdays they have been learning about the primal pattern movements which are pushing, pulling, bending, squatting, lunging, gait, and twist. Click on the links below to see some Yoga action and strength training.

Primal Pattern Thursday

Video-<http://caldwellpe.com/primal-pattern-thursday/>

Yoga

Video-<http://caldwellpe.com/yoga-time-2/>



Lunchtime Sports

Congratulations to the “Dumblings” for winning the lunchtime flag football super bowl. Each player took home a nice Billabong or RVCA hat. 3 on 3 basketball is next. Stay tuned!



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