

# Sierra Vista

## Physical Education Newsletter

Friday, March 18, 2016

Good morning. As a quick reminder I will be teaching Ping Pong this summer at Venado middle school. If you are interested please click on the link below. Your son/daughter has been very active in PE the last two months so please enjoy the "PE Happenings" below!

Summer Ping Pong

[https://www.ipsoacademy.org/index.php?pro=5&utm\\_source=Mid-March+3%2F15+Insights&utm\\_campaign=DecNewsletter&utm\\_medium=email](https://www.ipsoacademy.org/index.php?pro=5&utm_source=Mid-March+3%2F15+Insights&utm_campaign=DecNewsletter&utm_medium=email)

### **Caldwell Health Fact**

Did you know that calcium can help reduce cholesterol, aid in reducing blood pressure by down regulating PTH, and can help regulate metabolism? Some foods that contain calcium are dairy, bone broth and EGG SHELLS. For those of you who have an issue with dairy, I recommend you try making egg shell calcium to meet your calcium requirements.. Click on the link below to watch a short video on how to make egg shell calcium. I use a small amount in my food plan daily.

<https://youtu.be/xra1regtlvM>

### **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 "Eating Greens For Thyroid Health" and "The Power of ELDOA."

*Eating Greens For Thyroid Health*

<http://eastwesthealing.com/eating-greens-for-thyroid-health/>

*ELDOA Method Is A MUST For Every Human Being Part: 1*

<http://hellmanholistichealth.com/blog/527/eldoa-method-must-every-human-part1/#sthash.T87ZITZf.dpbs>

## **Physical Education Happenings**

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

This past February our main focus was on strength training and cardiovascular fitness as we were getting ready for the Fitnessgram testing that just finished. I like to empower as many students as possible to buy into lifetime wellness and become health professionals in the future. It was awesome to watch them become “trainers in training.” Each group had to create a one day fitness lesson including warm-up, 3 exercises, and a cool down. You can see an example of a one day fitness lesson and video below. Also Mr. Maurer recently started Crossfit in his life and created a rad CrossFit lesson that we used as well.

*Trainers in Training Video*

<http://caldwellpe.com/trainers-in-training-future-health-practitioners/>

*Sample One Day Fitness Lesson*

<http://caldwellpe.com/personal-trainers-in-training/>

*CrossFit*

<http://caldwellpe.com/crossfit-time/>

<http://caldwellpe.com/wp-content/uploads/2016/02/field-circuit-workout.pdf>

This month each student learned how to grip and throw (forehand, backhand, hammer) a Frisbee. Ultimate Frisbee is always a fun unit and this past week we set up a fun Frisbee golf course. In conclusion we also had a fun “project adventure” lesson that promotes communication and team building, a “March Madness” school wide basketball tournament, and “Girl/Bro talks” from our awesome City of Irvine workers promoting POWER.

**P**-purpose, present

**O**-opportunity, ownership

**W**-wonder, work

**E**-education, engagement

**R**-respect, responsibility

*Girl/Bro Talk Video*

<http://caldwellpe.com/brogirl-talks/>

*March Madness Video*

<http://caldwellpe.com/march-madness-tournament/>

*Project Adventure Video*

<http://caldwellpe.com/project-adventure-patterns/>



## Lunchtime Sports

Lunchtime Team Handball Champs. Each player took home a nice Billabong skull cap!  
Lunchtime Volleyball is next!



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