

# Sierra Vista

## Physical Education Newsletter

Tuesday, September 27, 2016

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**

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 post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such as the power of ELDOA, physical fitness and brain development, and toxic chemicals hiding in your deodorant.

*ELDOA Saved my Neck and Changed my Life*

<http://www.ilariacavagna.com/soma-training-2/eldoa-saved-my-neck-and-changed-my-life/?platform=hootsuite>

*Children's brain development is linked to physical fitness, research finds*

<https://www.sciencedaily.com/releases/2010/09/100915171536.htm>

*There are toxic chemicals hiding in your deodorant*

[http://www.naturalnews.com/055197\\_deodorant\\_harmful\\_chemicals\\_natural\\_products.html](http://www.naturalnews.com/055197_deodorant_harmful_chemicals_natural_products.html)

## **Physical Education Happenings**

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

During the month of September your son/daughter has learned the basic skills of Flag Football and it has been fun to watch their throwing skills progress each week. This week for their assessment, each team will create a flag football practice including a warm-up, skills practice including grip, throwing and catching, pass patterns, flag pulling, and defense, along with a cool down activity at the end.

Video- <http://caldwellpe.com/flag-football-patterns-and-plays/>





On Wednesday's they have been experiencing the power of ELDOA. The ELDOA postures keep your spine and neck healthy and your entire body nice and supple. Click on the link below to learn more.

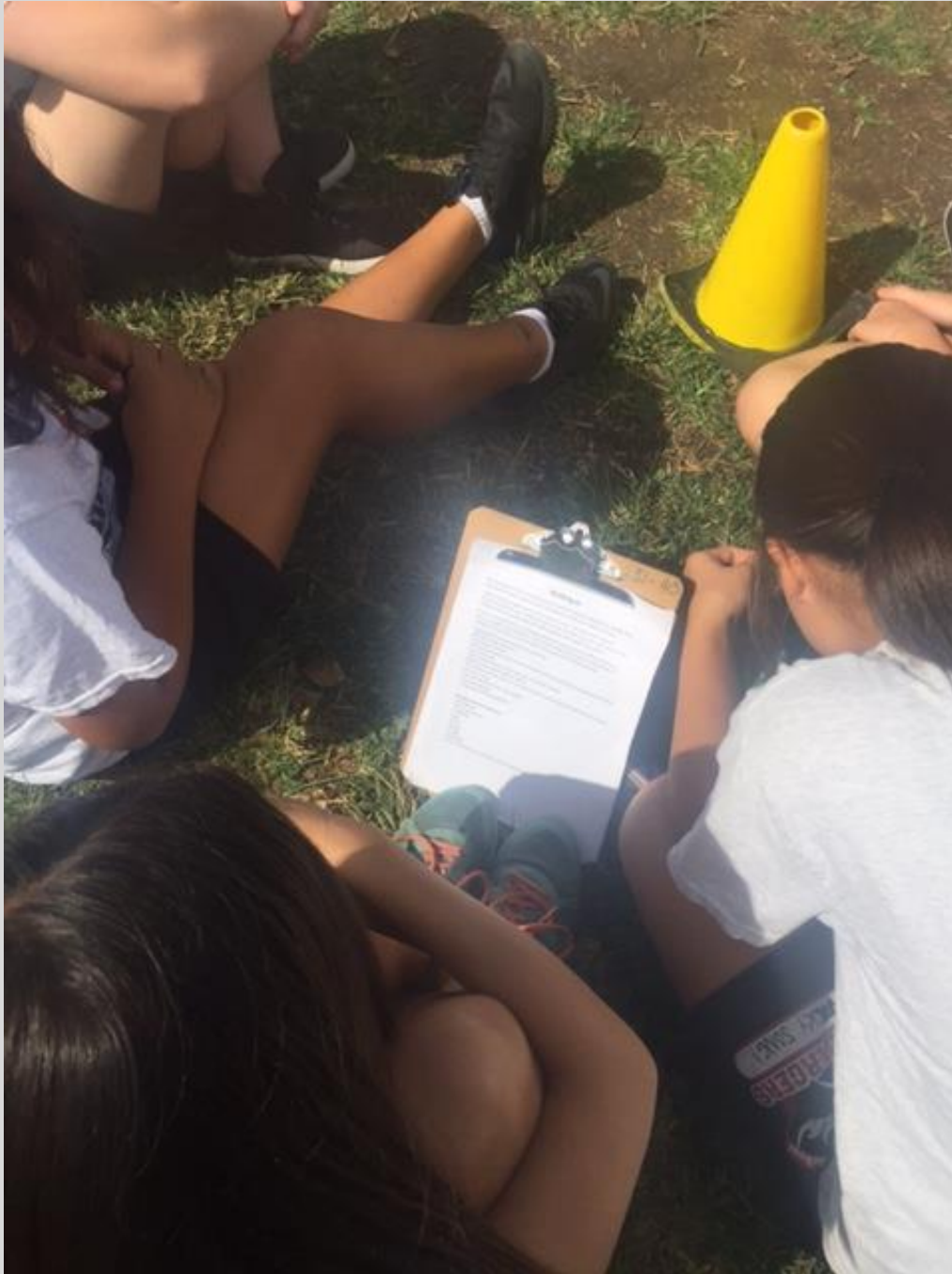
<http://caldwellpe.com/eldoa-info/>



Lastly, one day a week each student has been jog/walking to improve their aerobic capacity for the Fitnessgram testing that we have in March. The goal will be to work up to jogging for ten continuous minutes. After each jog/walk we have discussed the health articles I mentioned above as wellness is more than just exercise!



Last week I taught how to “work-in” instead of always “working-out.” Working-in activities include slow walking, tai-chi, breathing exercises, stretching and any activity that “cultivates more energy than you expend.” In times of stress working-in is very healing!



## **Lunchtime Sports**

It's playoff time for our lunchtime flag football players. We have over 150 students playing at lunch and next up we have pickleball (paddle tennis) which is a fun sport for all ability levels. I will post a picture of the winners in the next newsletter!

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