

# Sierra Vista

## Physical Education Newsletter

Monday, October 31, 2016

Hello everyone! I can't believe two months have already gone by since the beginning of school. Please enjoy all of our PE happenings!

### **Caldwell Health Fact**

Did you know the human body obtains essential vitamins and minerals through food? I am a big believer in using "food as your supplement" instead of taking tons of pills to get your nutrients. Most supplements are made from low quality ingredients and most people can't absorb their supplements because of gut issues. Spend your money on high quality, clean foods. For example you can get your vitamin C from drinking pulp free orange juice, vitamin A from eating pastured eggs, Vitamin D from goat milk, and calcium from either dairy or bone broth.

### **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 article this month covers the topic "Smoking Permanently Damages Your DNA."

*Smoking Permanently Damages Your DNA, Study Finds*

<http://www.nbcnews.com/health/health-news/smoking-permanently-scars-your-dna-study-finds-n651471>

### **Physical Education Happenings**

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

During the month of October your son/daughter had a choice of cricket and rugby with Mrs. Morris or Long/short jump rope with me. For those who chose jump rope they got to form groups of 6 students and create their own 3-4 minute long jump rope routine using ropes, hula

hoops, basketballs, and music which they then presented to the class. Below is a video of their performances. Each group also took on the “red jump rope club” where they needed to finish 14 challenging jumps using a short jump rope. It was fun watching each group create their routines and learn how to work together.

*Red Jump Rope Club*

Video-<http://caldwellpe.com/red-jump-rope-club-2/>

*Long Jump Rope Routines*

Video-<http://caldwellpe.com/long-jump-rope-time/>

The last 2 weeks I am pleased to announce we had many new “milers club” members. If your son/daughter runs the mile in 6 minutes and 45 seconds or less they earn one free milers club t-shirt as shown below. There is a 7<sup>th</sup> grade shirt and 8<sup>th</sup> grade shirt so they have the possibility of earning two shirts at Sierra Vista!





As I mentioned in the last newsletter, after students jog/walk I like to cover a topic from the world of health and nutrition. Most recently, I covered how *“Smoking Can Permanently Damage Your DNA,”* and I think the article opened a few eyes. Students in each period had good conversation about the health effects of smoking and vaping.

### **Diabolofest**

Christian, the owner of Jester Games, came to Sierra Vista to demonstrate and teach our students how to use a diablo (Chinese yo-yo). It was a fun day and all students were able to practice!

Video-<http://caldwellpe.com/diablo-insanity/>



## Harvest Cup

Harvest Cup was awesome this year. Both teams played well with the boys winning the championship! Thank you to all students who participated.



## Lunchtime Sports

Congratulations to the "Team 2" for winning the Lunchtime Flag Football Super Bowl by a score of 28-21! Each player took home one Volcom or Electric shirt as their prize and to Mr. Miller's Badminton team for taking home the title this past Friday! Each player earned a nice Volcom or Electric hat as their prize. Lunchtime Pickleball 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