

Sierra Vista

Physical Education Newsletter

Friday, September 29, 2017

Good morning everyone! Below is the first PE newsletter of the year. I will send home one newsletter every couple of months so you know what is going on in the world of Physical Education. Each week your son/daughter will learn about health, nutrition, and character exercise. They will participate in team/individual sports, strength training, Cardio Wednesdays, and much more. I want to plant many seeds in their young minds so they will know how to take care of their health for the rest of their lives. Let me know if you ever have any questions.

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 article this month covers the topic of "Side stitches", and "Child Brain Development."

<http://snip.ly/p77s5#http://trailrunnermag.com/training/trail-tips/stop-side-stitches.html>

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

Physical Education Happenings

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

During the month of September your son/daughter learned the basics of flag football such as football vocabulary, grip, throwing and catching, pass patterns, flag pulling, and sportsmanship! To finish off each week we have been playing Mrs. Morris's class in flag football. It has been fun to watch the competition!



Every Tuesday, students have been learning the basics of ELDOA, which are full body postural exercises that focus on spine health. I have been very impressed with their level of focus and concentration on all the small cues that go along with these postures. To learn more about ELDOA click on the link!

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



Wednesday is Cardio day and each student has been slowly improving their aerobic capacity, muscular strength, and muscular endurance. After they finish running they have read in small groups about what a side stitch is and how to fix it along with a short article on proper hydration. Please feel free to send your son/daughter to school with a big bottle of water!

Below are our first “Milers Club” members. If any student runs the mile in 6 minutes and 45 seconds or less they will get a free milers shirt they can wear to PE.



Primal Pattern Thursdays have been fun. The first Thursday of the school year, students worked on proper technique for push-ups, reptilian crawling, squats, curl-ups, lunges, and burpees, and on the second Thursday they played flag football fitness where every time the offense completed a pass the defense had to immediately do 3 squats. Then when the offense scored the defense had to drop down and do 3 push-ups. But, when the defense intercepted the ball the offense had to do 3 burpees so, needless to say, defense was much better that day!

Lunchtime Sports

Congratulations to the “Dream Team” for winning the lunchtime Flag Football super bowl. Each player took home a nice “Volcom” t-shirt. The next lunchtime sport will be Around The World!



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