

# Sierra Vista

## Physical Education Newsletter

Tuesday, December 12, 2017

Good morning everyone. The past couple months have been action packed in PE. Your son/daughter has participated in Pickleball, long jump rope routines, ELDOA, recreational games, cardio Wednesdays, strength training, health, and nutrition!

### **Caldwell Health Fact**

Did you know that vitamin A has many functions in the body such as teaming with thyroid hormone for the conversion of cholesterol into all steroidal hormones, stimulates growth of the base layer of skin and helps the skin with structural activity, involved with laying down new cells, including bone, lung, teeth, skin and intestinal tract cells, and is needed for a healthy immune system? Some great sources that have vitamin A are liver, pastured eggs, milk and cheese from a clean source. I encourage you to use food as your supplement as much as possible.

### **Health and Nutrition Articles to Get You Thinking**

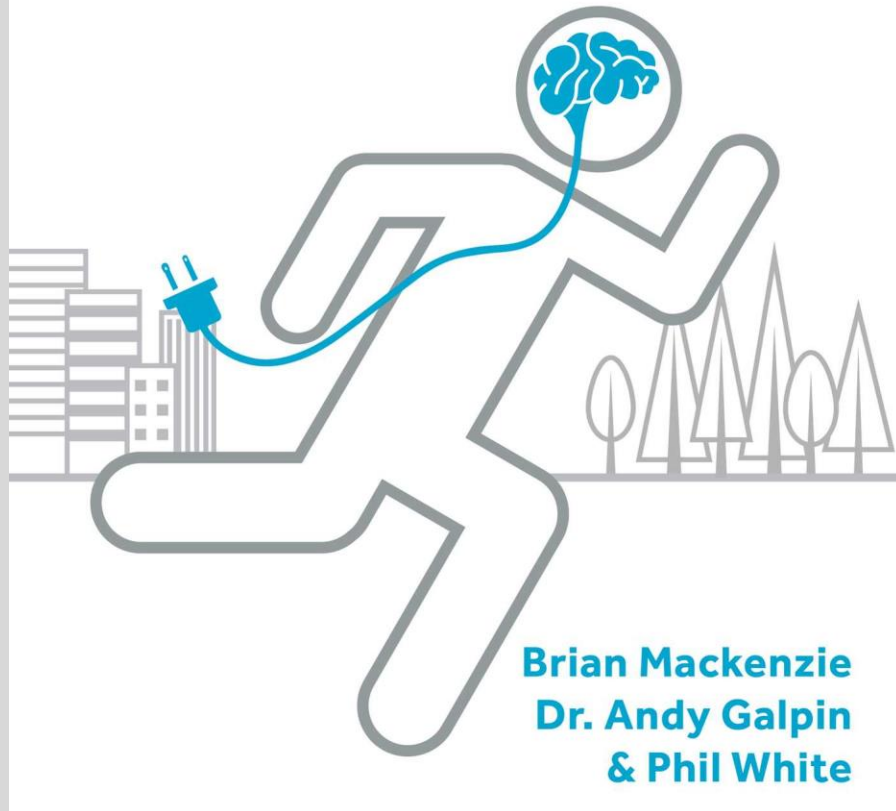
I am always learning as a teacher and health practitioner. Each month I post different articles and topics to get you thinking more about exercise, nutrition, and health. The article this month covers the topic of the health benefits of play and quotes from the book "Unplugged" regarding technology and exercise.

[Texas school triples playground time in an effort to solve ADHD](#)

Unplugged

# UNPLUGGED

evolve from technology to upgrade your fitness,  
performance & consciousness



**Brian Mackenzie  
Dr. Andy Galpin  
& Phil White**

## Physical Education Happenings

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

The months of October, November, and December have been action packed!

In October each student got to create a long jump rope routine in groups of 6 and then present their routine to the class. The criteria included a 3-4 minute routine focusing on using a long jump rope along with incorporating a short jump rope, basketball, hula hoop and

music. It was a great way for them to learn how to story board, exercise, work as a team, and communicate with others.

Video- [Long Jump Rope Routines](#)

In November it was Pickleball time. Pickleball is my favorite sport at Sierra Vista as every student can be successful at a high level. They learned how to hit a forehand, backhand, serve, volley, and ready position. We also incorporated the primal pattern movements/strength training into the game. Every time a team scored 5 points the other team would have to do squats, push-ups, burpees etc.

Video- [Pickleball Fitness](#)



This month, the theme is based around “playing” as December is recreational games month that includes, spikeball, 4 square, ping pong, ladder ball, corn hole, bocce balls etc. I mentioned earlier the book “Unplugged” and in my opinion our youth have lost themselves in technology and forgotten what it means to unplug and get back outside and play, be in nature, and just enjoy being active with others.

On Wednesday each student has been working on their cardiovascular skills through jogging, walking, and sprinting. After each cardio session as a cool down in small groups they have been reading out loud about topics such as proteins, fats, carbohydrates, what they are and what foods they are found in, along with the power of sleep!

Lastly, to finish off a lesson, each class as a whole or in a small group have been practicing their ELDOA postural exercises. I am happy to announce that Sierra Vista sent every PE teacher to the ELDOA training in November which means all PE teachers are certified Level 1 ELDOA practitioners!

L3-L4 ELDOA



## ELDOA Training Sierra Vista Physical Education Teachers



### Lunchtime Sports

Around The World Champion-Mr. G took home a nice Volcom wallet and Volcom belt!



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