

Sierra Vista

Physical Education

Wednesday, April 25, 2018

Good morning everyone. The year is winding down and your son/daughter has learned a lot the past 4 months. This will be the last PE newsletter for the year so please enjoy!

Caldwell Health Fact

Did you know that coconut oil can increase your metabolic rate by supporting your thyroid gland? Did you know that coconut oil has many antiviral, antibacterial, and antifungal fats that can help keep infection under control? Did you know that coconut oil can act as an antioxidant that can protect your cells from free radical damage? I recommend expeller pressed coconut oil from a company called Tropical Traditions.

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 the topic of “breathing,” which we have been practicing in class!

<http://www.xptlife.com/breathing/breathing-easier/>

<https://powerspeedendurance.com/nose-knows/>

<https://powerspeedendurance.com/experiments-art-breath/>

<https://powerspeedendurance.com/the-training-benefits-of-nasal-breathing/>

Free Breathing Program

<https://facebook.us16.list-manage.com/subscribe?u=2407dbb04ae29144f6735ad05&id=bc9531b215>

Physical Education Happenings

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

The months of January through April have been action packed!

As I have mentioned before, I believe it's important to always explain the "why" behind everything we do in PE so there is greater buy-in for the activities we do. I explained ad nauseam that you need different health tools to keep in your health toolbox to be as healthy as possible as you grow older. Below is a review of everything we have covered this year in PE.

I hope you will quiz your son/daughter on what they have learned!

ELDOA(spine health, flexibility, posture, pumping fluids)

Team/Individual Sports(social skills, work ethic, team work, sportsmanship, muscular strength/endurance, burn calories, unplugged)

Cardio Days(heart/lung health, breath work, burn calories, muscular endurance etc. etc.)

Strength Training/Fitness/Primal Pattern Movements(muscular strength/endurance, sports, functional for life, other health benefits)

Working-Out-when you are feeling good and have plenty of energy(sports, jogging, lifting weights, biking, swimming)

Working-In-when you are not feeling well, low energy(slow walking, breathing exercises, meditation, tai-chi)

Breathing Protocols(to de-stress, upregulate, cadence breathing, apnea breathing, diaphragmatic breathing)

Health/Nutrition(proper hydration, power of sleep, fats/carbs/proteins, unplugged book, breathing information)

In conclusion, below are some pictures and videos of what the students have been doing in class. Thanks for your support and enjoy your summer!

Project Adventure Team Building

Video- <http://caldwellpe.com/project-adventure-memory-2/>



IMG_0730.MOV

ELDOA



Breath Work

Each student learned how to breath(cadence, apnea, alternate nostril breathing) through their nose which has many health benefits such as improved performance and recovery, decompresses the spine and relieves pain, and increases immune system function! Some students closed their eyes and really focused on calming their mind and focusing on breathing.



Ultimate Frisbee

Video- <http://caldwellpe.com/frisbee-time/>

Lacrosse



Soccer



IMG_0957.MOV



IMG_0958.MOV



IMG_0959.MOV

Strength and Conditioning



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