

Good morning everyone. I wanted to check in and say Happy Holidays to you and let you know what your son/daughter has been up to the last couple months in physical education. They have been learning a lot about wellness and how to stay as healthy as possible in both mind and body.

The last 4-5 weeks after they finish their Wednesday cardio run I have had them read about the health benefits of nasal breathing and had them practice breathing protocols that can help calm the mind and body. We have been talking about all of the stresses they have in their young lives and how breath work can really make a difference.

Please ask them about what they have learned and see the links below to learn more about breath work. I highly recommend the power, speed, endurance app as they have an awesome breathing timer you can use!

<https://apps.apple.com/us/app/power-speed-endurance/id1436460209>

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

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

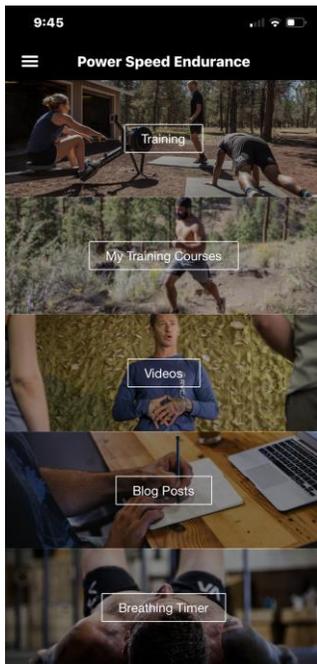
<https://powerspeedendurance.com/experiments-art-breath/>

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

My Friends Free Breathing Program

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

*besides the breath work protocols each student has learned about proper hydration, the power of sleep, fats/carbohydrates/proteins, and how to deal with the 6 types of stress.



This past week I had each class work on teamwork, cooperation, and communication. They did a fun game called the "human knot" and "blue tarp." I had 10 groups of 6 students standing on a small tarp and without stepping off the tarp at any time they had to turn it over, fold it in half, fold it in half again, flip it over, etc. For the last round without stepping off the tarp only half of their team could be touching the tarp which made them have to think quickly to solve the task.

Human Knot



We also talked about how important it is in many areas of life to be able to work hard, communicate, and cooperate!

Along with the sports they have been playing such as flag football, long/short jump ropes, pickleball(paddle tennis), and recreation games they have also been focusing on ELDOA which are postural stretches to keep their spine and joints healthy. With as much sitting as society is doing these days due to technology, ELDOA will be an important tool to have in their tool bag!

ELDOA T8-T9



Long Jump Rope Routines



My favorite day of the week is strength training Thursdays where we get to go in the fitness room and learn about the primal pattern movements (PPM) and how to stay functional. The primal pattern movements include squatting, pushing, pulling, twisting, lunging, bending, and gait. Some of the equipment they have used to practice their PPM are spin bikes, pull-up bars, perfect pushups, medicine balls, kettlebells, body bars, dumbbells, and much more.

Medicine Ball Squats



Lastly, after winter break is over all students will play table tennis and continue with cardio, ELDOA, strength training, and wellness.

Please let me know if you have any questions. I appreciate your support!

p.s-Don't forget to encourage your son/daughter to sign-up for lunchtime sports. LTS is a great way to meet new people, exercise, and have fun at lunch. Below is the lunchtime flag football champs. Each player earned a brand new "Volcom" shirt! Click on the link to learn more.

<http://caldwellpe.com/intramural-sports/>



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www.CaldwellPE.com
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