

South Lake Middle School

Coach Doan's Physical Education Newsletter

Here's what we did in September...

The first full month of the 2019–2020 school year is officially over. I apologize for the late newsletter! It's been a busy month for my class. Students are now getting used to the daily routine as well as class expectations. We started the month with the Ability Awareness unit that talks about "Walking in someone else's shoes" and accepting the abilities of those around them. During the second week of the month, I introduced Mamba ball and Team Handball to my students. Mamba ball is a sport created at South Lake and is played using Ultimate Frisbee rules. However unlike Ultimate Frisbee, students are throwing a mini dodgeball instead of a Frisbee. We spent a week playing these two sports to review our basic throwing and catching skills as well as spatial awareness. The second half of the month we started our first full sport unit: Flag football. Students began by learning how to throw and catch a football. After practicing these skills, students slowly progressed into running routes, hand-offs, and defensive flag pulling. We ended the month by working in teams to create a football playbook. Teams then used their plays against an opposing team in a mini-game. Along with flag football, my class ran our first mile of the year. All of the students did a fantastic job running to the best of their ability. Below are the top mile times from my class. To wrap up the month, we spent a day learning and practicing how to properly perform push-ups and curl-ups. Students completed a flag football quiz and recorded their fitness score on Google Classroom. You can view your student's mile time on Aeries. Below are some pictures of this previous month, you can go on [my website](#) to check out the videos.

Boys' Top 20

Mile Time	Name	Period	Grade
6:05	Toby A.	1	8
6:11	Aiden Y.	2	8
6:18	Kiyan W.	3	8
6:25	Andres B.	3	8
6:28	Casey G.	4	8
6:35	Han Y.L.	2	8
6:45	Conor S.	EDPE	7
6:50	Layth A.	3	8
6:50	Stephen L.	4	8
6:52	JC S.	6	8
6:53	Christian Y.	EDPE	8
6:54	Jerome L.	6	8
7:00	Jameson L.	4	8
7:00	Omar D.	EDPE	7
7:16	Soushiant M.	1	7
7:20	Kyle B.	4	8
7:20	Damari C.	4	7
7:20	Badr A.	4	8
7:25	Ulysse V.	2	8
7:28	Tyler B.	4	8



Girls' Top 20

Mile Time	Name	Period	Grade
7:10	Maggie M.	1	7
7:20	Hana W.	6	8
7:30	Zoey C.	4	7
7:45	Sarah G.	4	8
7:55	Julianne C.	3	7
8:15	Abigail S.	EDPE	8
8:16	Kaylin S.	2	7
8:20	Noelle Z.	EDPE	8
8:25	Ann K.	4	8
8:25	Cassidi C.	EDPE	8
8:28	Victoria P.	2	8
8:31	Lulu T.	2	7
8:32	Shay M.	2	8
8:32	Margaret M.	6	8
8:32	Shrinidhi S.	EDPE	8
8:36	Ashlynn C.	EDPE	7
8:37	Ariana K.	4	8
8:37	Kimberly T.	4	7
8:40	Jadriene B.	6	8
8:45	Claire H.	EDPE	7



SHARK OF THE MONTH



Name: Hayli Robinson

Grade: 8th

Period: 4th

Teacher: Coach Doan



Name: Jadriene
Budyanskiy

Grade: 8th

Period: 6th

Teacher: Coach Doan

Lunchtime Sports

We started our first lunchtime sports of the year with Mamba ball. Students had a week and a half to put together their teams in preparation for the lunchtime tournament. We ended up with over 200 students signed-up to compete. There are 13 teams in the 8th grade division with each team playing 6 regular season games. In the 7th grade division, there are 8 teams with each playing 5 regular season games. Below are the current standings for both the 7th (green) and 8th (blue) grade tournament. You can also check out my PE website to see the current touchdown passing and catching leaderboard. The regular season will end by mid-October and we will start the play-off. I will announce the Lunchtime Mamba Ball Champions in the next newsletter.

STANDINGS	W	L	T
THE BAGELS!	3	0	
THE SEVIES	3	0	
UR BAD	2	1	
THE PUMAS	1	2	
CRUSHERS	2	1	
BIG BOYZ	0	2	1
INSTANT RAMEN	0	2	1
BLANK SLATE	0	3	

STANDINGS	W	L	T
TOBY ENJOYS L'S	4	0	
KYLE TAKE THAT L	3	0	
FLYING PENGUINS	3	0	
GIRONIMO!	3	1	
RUBBER DUCKIES	2	2	
ROSIE'S ROSES	1	2	1
INERTIA	1	2	
THE MEAN BEAN TEAM	1	2	
AVERAGE JOE	1	2	
2 FREE TACOS	1	2	
WOAHMANS	1	3	
SONIC	0	2	1
REPTILLIAN	0	3	

PBIS – NBA 2K Tournament

The first PBIS event of the year will be a video game tournament held during lunch. We will be playing the popular Playstation 4 game: NBA 2K20. This will be a 2 vs 2 tournament so students must find a friend (or staff) to compete with them. The sign-up fee is 20 shark cards total for both students. Sign-ups will begin on October 7th and will end on October 24th. All participants will meet on October 25th to draft the NBA player on to their teams. Whichever NBA player they draft will be the only players they can use throughout the tournament. Start saving up shark cards now!



Tournament of Champions Harvest Cup

There are several changes and an addition to the Tournament of Champions tournament this school year. The annual Harvest Cup soccer tournament is moved back from its usual October date to the weekend of December 6-8. All students that are interested in trying out for the team **MUST** register online before October 21st. There is no fee to register, however if your child makes the team then there is a \$35 tournament fee.

Try-out dates will be announced once I find a coach for both the boys' and girls' team. Please let me know if there's any parents that is interested in coaching this year's Harvest Cup soccer team.



**39th ANNUAL
HARVEST CUP
SOCCER TOURNAMENT**
DEC. 6-8, 2019 • O.C. GREAT PARK

BENEFITTING



IRVINE PUBLIC SCHOOLS FOUNDATION

SPONSORS




- REPRESENT YOUR SCHOOL TEAM!
- REGISTER FOR TRYOUTS BY OCT. 21
- BOYS OR GIRLS: 3RD - 8TH GRADE
- TEAMS FORMED BY NOV. 7
- TOURNAMENT PLAYER FEE: \$35
- INCLUDES (2) T-SHIRTS (HOME / AWAY)

REGISTER NOW

IRVINEYOUTHSPORTS.ORG

SEE BACK SIDE FOR MORE





UPCOMING SPORTS EVENTS

JANUARY 25TH, 2020



WINTER BOWL



MARCH 13-15TH, 2020



HOOPS CLASSIC



MAY 15-17TH, 2020



VOLLEY BASH



IPSF PARTNERSHIP

Use promo code **IPSF19HC** during SoCal Elite's 2019-20 Basketball Winter League registration and \$5 will be donated to IPSF on your behalf.

SOCAL.ELITE.ORG



What's next in PE?

We will finish our football unit the second week of October and start our volleyball unit. Students will be learning and practicing volleyball skills such as: bump pass, setting and serving. We will slowly progress into full gameplay that will include proper rotation so they will have the opportunity to play every position. 7th graders will continue their second SEAMS lesson with Officer Cronin. We will also start getting into a Thursday fitness routine. Students will learn how to safely and properly exercise using fitness equipment. My class will also be completing the mile and be able to compare it with their September time.

SHARK OF THE MONTH



Name: Richard Ramirez

Grade: 8th

Period: 3rd

Teacher: Coach Doan



Name: Jerome Ligate

Grade: 8th

Period: 6th

Teacher: Coach Doan