

MR. CASE

(269) 948-4409

ACASE@HASSKI2.ORG

# Mr. Case's Team Games

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## ANSWER THE QUESTION

If your student brings a note card with the answer to the question at the end of the "Make Family Time an Active Time" section they will receive 10 free points toward a unit of their choice.

### CALENDAR:

Thu Nov 10  
CMU vs Ohio

Fri Nov 18  
CMU vs Toledo

Sat Nov 5  
Mich vs Iowa

Sat Nov 12  
Mich vs Illinois

Sat Nov 19  
Mich vs Nebraska

Sat Nov 26  
Mich vs Ohio State

## Two Months In...

We have had a great start to the year so far. Time has been flying by and we have already had two-week units on Air-Force Football, Ultimate Frisbee, and we are currently playing soccer. It is quite a privilege to play many different sports in a class for a grade. My hope is that through each unit the students gain a better understanding of rules and strategy for each game. Most importantly I



People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem. ~Chris Adams

hope they are learning the skills they need to be able to play each sport recreationally if they so choose. After high school it will be easy to get away from organized sports and physical activity almost entirely. I hope that some of the sports we play will be fun and a source of activity for these students for many years down the road.

Sincerely Mr. Case

## Make Family Time an Active Time

<http://www.fns.usda.gov/eatsmartplayhard-healthy lifestyle/PlayHard/makefamilytimeanactivetime.htm>

Check out this link and see some practical ways to make physical activity more a part of your family routine.

Click on the "stay motivated" link.

What is a good solution to combat the excuse of lack of energy?