Falcon Phys Ed

Aurora Academy • Aug 10, 2026

Building Our PE Community

Primary Physical Education (K-2)

This week, our focus is on learning the routines and expectations of our PE class. We're playing fun, name-based games to get to know our classmates and working together on simple, cooperative challenges to practice listening and following directions.

Intermediate Physical Education (3-5)

This week, our focus is to create a safe and welcoming environment where students feel empowered to explore physical activity and movement. We are building our classroom community on three simple rules:

1) **Respect Self:** We take care of our own bodies and our own emotions.
2) **Respect Others:** We treat our classmates and teachers with kindness.
3) **Respect the Things We Use:** We take care of our equipment and our gym space.

To help us understand our potential, we are starting with our Back to School Minute to Win challenges. These fun, team-based activities are designed to be a safe space for students to experience and understand the journey of a growth mindset—that it's okay to struggle and even fail on the way to triumph. Students will use journals to reflect on their experiences and internalize these valuable lessons.

Middle School Physical Education (6-8)

Our focus this week is on building a positive learning environment through engaging Adventure Learning activities. These challenges are designed to reinforce our three classroom rules mentioned above.

Establishing a sense of community is essential for students to feel comfortable trying new activities. The Adventure Learning module provides opportunities for students to connect with their classmates, build trust, and problem solve through a variety of fun and engaging activities. These experiences reinforce responsible behaviors while sometimes stretching students beyond their comfort zones. Our goal is to empower all participants to contribute to small and large group activities, fostering social engagement and building connections that extend beyond physical education.

School & Community Events

List upcoming events and assignments for the week.

Date	Details
Aug 10	First Day of School (Grades 6-8) Sign up for Fall Sports (5-8) Boys + Girls Cross Country, Boys + Girls Volleyball, Mixed Flag Football
Aug 11	Sign up for Fall Sports (5-8) Boys + Girls Cross Country, Boys + Girls Volleyball, Mixed Flag Football
Aug 12	First Day of School (Grades 1-5) Elementary PE - (A) Day rotation Birge, (3), Laws (5)
Aug 13	Elementary PE - (B) Day rotation Gates (2), Tybon (1), Black (5)
Aug 14	Elementary PE - (C) Day rotation Peters (1), Coxall (4)

About Ms. Starkey

I am a proud graduate of the University of Northern Colorado with a degree in Sport and Exercise Science and an emphasis in K-12 Physical Education. With 9 years of teaching experience, I am dedicated to fostering a love for physical activity in all students. I strive to ensure that every student finds enjoyment in participating in a variety of physical activities, from sports to exercise, helping them build a lifelong appreciation for staying active.

`Michelle Starkey`

Teacher

Physical Education

Aurora Academy Charter School

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