Falcon Phys Ed

Aurora Academy • Sep 28, 2026

Building Our PE Community

Primary Physical Education (K-2)

This week in K-2 Physical Education, we are stepping up the challenge by trading in our floating scarves for bean bags as we continue our locomotor and manipulative unit! Students will practice balancing, tossing, and catching with these new objects while moving through space, developing stronger hand-eye coordination and fine motor control.

Intermediate Physical Education (3-5)

This week in 3-5 Physical Education, intermediate students are continuing their invasion basics with a strong focus on defense and practicing goaltending. Students will learn how to guard opponents, protect target zones, and work together to stop the offense while maintaining great communication and sportsmanship.

Middle School Physical Education (6-8)

This week, students are shifting their focus to health and wellness by diving deep into the 4 pillars of health: movement, nutrition, stress management/relaxation, and sleep. Through engaging discussions and activities, they will learn how these interconnected foundations support total-body wellness both inside and outside of the classroom.

School & Community Events

List upcoming events and assignments for the week.

Date	Details
Sep 28	Elementary PE - (B) Day rotation Gates (2), Tybon (1), Black (5)
Sep 29	Elementary PE - (C) Day rotation Peters (1), Coxall (4) MS Flag Football Game vs High Point, 4:30 - 5:30 PM 6750 N Dunkirk St, Aurora, CO 80019
Sep 30	Elementary PE - (D) Day rotation Nether (2), Walter (K), McElreath (4) MS Volleyball vs Vanguard (East), 4:30 - 5:30 PM 801 Yosemite St, Denver, CO 80230
Oct 01	Elementary PE - (E) Day rotation Kennedy (3), Raghunath (K), Pope (5)
Oct 02	Elementary PE - (A) Day rotation Birge, (3), Laws (5)

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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