# Falcon Phys Ed

Aurora Academy • Oct 5, 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 in PE, we're serving up a fun and challenging pickleball unit! We'll focus on refining key skills like serving, dinking, and volleying, while also introducing more advanced strategies like stacking and transitioning from the baseline to the non-volley zone. This fast-paced game is a great way to improve agility, hand-eye coordination, and teamwork.

# School & Community Events

List upcoming events and assignments for the week.

| Date | Details |
| --- | --- |
| Oct 05 | Elementary PE - (B) Day rotation<br>Gates (2), Tybon (1), Black (5) |
| Oct 06 | Elementary PE - (C) Day rotation<br>Peters (1), Coxall (4)<br><br>MS Volleyball vs Omar D. Blair, 4:30 - 5:30 PM<br>10251 E 1st Avenue, Aurora, CO 80010<br><br>MS Flag Football vs Vanguard (West), 5:00 - 6:00 PM<br>17101 E Ohio Drive, Aurora, CO 80017 |
| Oct 07 | Elementary PE - (D) Day rotation<br>Nether (2), Walter (K), McElreath (4) |
| Oct 08 | Elementary PE - (E) Day rotation<br>Kennedy (3), Raghunath (K), Pope (5)<br><br>MS Flag Football vs Green Valley Ranch, 4:30 - 5:30 PM<br>4800 Telluride Street, Denver, CO 80249<br><br>MS Cross Country Meet, 5:00 - 6:00 PM<br>101 Yosemite Street, Denver, CO 80230 |
| Oct 09 | NO SCHOOL |

# 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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