


# ATHLETIC MOVEMENT NEWSLETTER



## WELCOME TO ATHLOS ACADEMY!

Hello students and families! We are your Athlos P.E. teachers, Coach Emi and Coach LaFave. We are excited to welcome all students back to another exciting school year of physical education. Our P.E. classes are geared towards promoting physical activity, teamwork, and overall wellness. We have some fun and engaging activities planned for the upcoming year!



## SAVE THE DATES



**Open House:** August 28th (2:45-6) & September 3 (7-2:45)

**First Day of School:** September 4th



## WHAT TO EXPECT?

In our P.E. classes, students will have the opportunity to participate in various team sports, fitness challenges, and skill-building exercises. This year, we will also focus on the importance of leading a healthy and active lifestyle both in and out of school.

## SET YOURSELF UP FOR SUCCESS



We encourage all students to come prepared for each P.E. class with appropriate footwear and clothing. Crocs, sandals, and flip-flops are not appropriate for P.E. class. Staying hydrated and being ready to participate with enthusiasm are also important aspects of our classes.

Cellphones are not allow on the gym since they are not necessary.

## LET'S HAVE AN AMAZING YEAR!



We look forward to a fantastic school year and can't wait to see everyone in the gym. Let's make this year in P.E. classes an active, fun, and memorable experience for all!

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