



# Learn the Science Behind Protecting Yourself from Bullying, Threatening Situations and Physical Harm.

The study of martial arts can help students of all ages understand basic physics, anatomy and mathematical concepts. As a Dignity Kids Affiliate, ATAFMA is dedicated to help children succeed in all areas of their lives. We provide free STEM based programs for local school systems and incorporate both academic and character building aspects into the martial arts training offered at our facility. Martial Arts are a fun way to get fit, grow academically and learn to protect oneself.

## Services for Schools:

### PE Coach For A Day -

As a Dignity Kids Affiliate, it is our Mission to empower youth through fitness-based programs that teach STEM concepts, encourage healthy lifestyles, and promote positive youth development through opportunities to learn, succeed and belong. We offer you the opportunity to enlist a Certified Instructor to help teach the Dignity Kids STEM based curriculum in your PE Class. Students get a fun, interactive session learning concepts that are usually reserved for text book learning. Each 30-45 minute class (depending on time available) teaches kids how the principles of science, technology, math and engineering relate to sports, healthy living and defending themselves against an attack. Our Instructors have experience with Local School Districts and are background checked, certified instructors in the PE Coach for the Day program. Classes are open to K-8 with modified age-appropriate NASPE standards aligned curriculum.

### School Events -

Book us to help out at your next Science Fair, School Carnival or fundraising events. We offer kids a fun sports activity while teaching them about basic STEM concepts such as Newton's Laws of Motion, Anatomy and the importance of keeping our bodies healthy and strong. Kids not only get to see demonstrations of these principles but they actually get to experience them.

