

PHIT Kids Academy – Frequently Asked Questions

What is PHIT Kids Academy?

PHIT Kids Academy is a structured digital platform for physical activity and sports education designed to help elementary students move more, build foundational skills, and develop lifelong healthy habits through engaging video instruction.

Who is PHIT Kids Academy designed for?

Elementary schools, PE teachers, classroom teachers, afterschool programs, camps, homeschool families, and parents.

How much content is included?

The platform includes over 10 hours of instruction and 200+ short video segments covering 20+ fitness fundamentals along with instruction on individual and team sports.

What makes PHIT Kids Academy different?

It combines physical activity, sport discovery, skill progression, encouragement, and healthy habit education in one easy-to-use digital platform.

Can it be used for large PE classes?

Yes. The program works for small groups and large PE classes up to 150+ students.

Does it replace a PE teacher?

No. PHIT Kids Academy enhances and supports PE instruction with ready-to-use, structured content.

Can classroom teachers use it for brain breaks?

Yes. Short segments are ideal for classroom movement breaks and active transitions.

What types of sports are included?

Students are introduced to 12+ individual and team sports, including lifetime sports that build confidence, teamwork, and long-term engagement in physical activity. Sport instruction includes basketball, hockey, lacrosse, soccer, volleyball, running, football, pickleball, swimming, baseball, flag football, tennis and golf.

Does the program support academic readiness?

Yes. Increased physical activity supports focus, engagement, attendance, and readiness to learn.

Is it appropriate for Title I schools?

Yes. When aligned with student engagement, attendance, and wellness goals, PHIT Kids Academy can support Title I and Title IV-A funding priorities.

Does the program include healthy habit education?

Yes. Healthy habit tips are integrated throughout the platform to reinforce nutrition, hydration, and wellness awareness.

How is PHIT Kids Academy delivered?

The program is delivered through a secure digital subscription platform accessible on computers, smartboards, and projectors.

Can families access it at home?

Yes. Parent and homeschool subscription options are available.

Are there challenges or incentives built in?

Yes. The platform includes interactive challenges and motivational elements to encourage participation and consistency.

How quickly can a school implement the program?

Schools can begin using PHIT Kids Academy immediately after subscription activation—no complex setup required.

PHIT Kids Academy – Funding & Compliance FAQ

(Title I and Title IV-A Guidance)

Can PHIT Kids Academy be funded through Title I?

Yes. In a Title I Schoolwide Program, funds may be used to upgrade the entire educational program when the activity is included in the school’s Comprehensive Needs Assessment and Schoolwide Plan. PHIT Kids Academy supports student engagement, attendance, school climate, and readiness to learn—factors tied to academic achievement.

How does PHIT Kids Academy align with Title I goals?

Title I funds are intended to improve academic outcomes for low-income students. Increased physical activity is associated with improved focus, behavior regulation, and classroom engagement. PHIT Kids Academy supports whole-child development, strengthening conditions necessary for academic success.

Can Title I funds be used in a Targeted Assistance school?

In Targeted Assistance programs, Title I funds must serve identified at-risk students. PHIT Kids Academy may be used as a supplemental intervention for eligible students if clearly tied to documented academic, attendance, or engagement needs.

Is PHIT Kids Academy allowable under Title IV, Part A?

Yes. Title IV-A (Student Support and Academic Enrichment) permits funding for programs that support a well-rounded education and safe and healthy students, including physical education and wellness initiatives. PHIT Kids Academy directly aligns with these allowable uses.

Does the program support a “well-rounded education” requirement?

Yes. Title IV-A defines a well-rounded education to include health and physical education. PHIT Kids Academy expands exposure to 20+ individual and team sports while building physical literacy, teamwork, and lifelong fitness skills.

What does PHIT Kids Academy cost?

Annual subscription pricing is:

- **\$100 per year** for families and homeschool users
- **\$200 per year** for schools

School pricing provides full campus access for instructional use in PE classes, classrooms, and structured programs.

Can federal funds be used for digital subscriptions?

Yes. Federal funds may support evidence-informed digital instructional resources when aligned with approved school or district improvement plans.