

Serving Students with ADHD · Dyslexia · Executive Function Challenges · Language-Based Learning Differences | Grades PreK-8

TAG's VITAAL-K™ blends the Science of Reading with cognitive athletic movement to help schools increase literacy rates from K-8. Each session follows a four-phase therapeutic model that primes the brain for deep learning, encodes orthographic patterns through rhythmic multisensory drills, and builds automaticity through joyful, embodied repetition. VITAAL-K™ can be implemented in Physical Education, general education, special education, or after-school enrichment programs.

PROGRAM IMPLEMENTATION MODELS

 Onsite Structured Literacy Coaching*In-Person | Small Group & 1:1 | VITAAL-K™ Certified Coaches*

Certified TAG coaches work directly with students inside your school building, delivering structured literacy instruction through full-body, movement-integrated sessions. Coaches embed within Physical Education, general education, special education, or after-school programs to provide intensive Tier 2 and Tier 3 intervention support.

- Small group and 1:1 coaching formats
- Flexible scheduling — half-day or full-day residency
- Ongoing weekly coaching residency option
- Full VITAAL-K™ four-phase instructional model
- Progress monitoring and session documentation

ADHD

Dyslexia

Executive Function

IEP Students

MTSS Tier 2/3

 Virtual TAG Coaching — Online Academy*Live Online | Real-Time Feedback | Flexible Delivery*

The Academic Gym Online Academy brings live, interactive VITAAL-K™ coaching directly to students through a virtual platform. Sessions feature structured routines, real-time feedback, and movement-integrated instruction — making high-quality literacy coaching accessible from anywhere.

- Live 1:1 and small group virtual sessions
- Classroom-integrated virtual coaching (co-teaching model)
- Structured VITAAL-K™ routines adapted for online delivery
- Semester-based ongoing program option
- Ideal for IEP service delivery and hybrid/remote schools

Remote Learners

IEP Students

Tier 2/3

ADHD

Dyslexia

 Staff Training & Certification*Professional Development | CEU Credits Available | All Educator Roles*

TAG equips your educators with the knowledge, tools, and strategies to deliver VITAAL-K™ structured literacy instruction independently. Training is customizable by grade band, role, and delivery format — in-person or virtual. Designed for PE teachers, Special Education staff, OTs, SLPs, and general education teachers.

- Half-day and full-day PD workshops
- Multi-day certification cohort programs
- District-wide Train-the-Trainer package
- Role-specific customization (PE, SpEd, OT, SLP, Gen Ed)
- CEU credits available · Virtual delivery available

PE Teachers

Special Ed Staff

OTs

SLPs

Gen Ed Teachers

Administrators

 Curriculum Bundles — Tier 2 & Tier 3 Intervention Kits*Standards-Aligned | Inclusive Classrooms | MTSS/RTI Ready*

Standards-aligned VITAAL-K™ curriculum kits designed for Tier 2 and Tier 3 intervention delivery. Each bundle includes structured workbooks, phonemic manipulation tools, syllabic spelling materials, and alphabetic awareness resources — everything a teacher needs to implement with fidelity.

- Starter, Intervention Pack, School-Wide, and District options
- Phonemic manipulation and syllabic spelling materials
- Alphabetic awareness and orthographic mapping resources
- Implementation guide included with every bundle
- Compatible with existing MTSS and RTI frameworks

Tier 2/3 Students

Inclusive Classrooms

MTSS

RTI

IEP Teams

THE VITAAL-K™ FOUR-PHASE MODEL

1 Neurochemical Activation through HIIT

Students engage in High-Intensity Interval TAG Techniques (HIIT) — rhythmic bursts of movement that stimulate dopamine, norepinephrine, and BDNF to prime the brain for deep learning and regulate attention.

2 Rhythmic Encoding — Filling the Phonological Files

Through choreographed movement routines, students encode syllabic and phonemic spelling sequences into their phonological and orthographic lexicons, accelerating orthographic mapping through embodied repetition.

3 Retrieval and Transfer

Students practice retrieving stored spelling patterns to decode and spell unfamiliar words, reinforcing neural pathways between sound, symbol, and meaning through flexible real-reading and writing tasks.

4 Mastery through Movement

HIIT-based review cycles synchronized with syllabic spellings and sounds solidify automaticity and long-term retention, completing the VITAAL-K™ loop and transforming literacy into a dynamic, brain-priming experience.

WHO TAG HELPS

ADHD

Students who benefit from physical activation, structured engagement, and movement-regulated attention and arousal.

Executive Function

Students who struggle with attention, working memory, and task initiation — addressed through structured routines and movement.

Dyslexia

Students who need explicit, multisensory, structured phonics instruction to build decoding and encoding skills.

Language-Based LD

Students who require repetition, movement scaffolds, and visual supports to process and retain language information.

TAG helps all students who learn differently — PreK through Grade 8

PROGRAM OUTCOMES



Increased Decoding & Fluency Scores

Students demonstrate measurable gains in phonics, word reading, and oral reading fluency.



Improved Attention & Emotional Regulation

Movement primes the neurochemical environment for sustained focus, motivation, and self-regulation.



Higher Engagement from Reluctant Readers

Embodied, joyful literacy routines reduce anxiety and increase student willingness to engage with reading.



Alignment with MTSS, RTI & IEP Goals

All VITAAL-K™ services are structured to integrate directly with existing intervention frameworks and special education plans.

PARTNERSHIP PATHWAYS & SUPPORT

We Collaborate With

- Public, charter, and private schools
- Specialized learning centers
- Districts seeking scalable literacy solutions
- Educators pursuing certification in movement-based instruction
- Pre-schools and daycares
- After-school and enrichment programs

Every Partnership Includes

- ✓ Custom onboarding and training
- ✓ Ongoing coaching and fidelity checks
- ✓ Access to digital resources
- ✓ Family engagement tools and communication support
- ✓ Progress monitoring and reporting
- ✓ Grant writing support (on request)
- ✓ Flexible implementation to fit your school's schedule and model



Finding Coach V. and enrolling in T.A.G. has been an absolute game changer for my son and for our family! In the matter of just a few months he's gone from failing all his classes first quarter to passing them all the second. He WANTS to spell, create new words, and excel — because he feels confident about his ability to learn for the first time in his life.

— J. Ortiz, TAG Parent

The Academic Gym

TAG / VITAAL-K™ for Schools

Science of Reading · Movement · Mastery

Serving PreK–Grade 8



Schedule a Discovery Call

Contact us to learn how VITAAL-K™ can transform literacy in your school or district.

theacademicgym.com

Implementation Settings

Physical Education Classes
General Education Classrooms
Special Education Programs
After-School Enrichment