



FUNCTIONAL SPEED ACADEMY

Physical Education Program Overview

2026-2027 | *Physical education with a speed and agility bias*



Build the human first, then the athlete.

THE PROMISE TO FAMILIES

Parents are not simply choosing an activity. They are choosing an environment, a coach, and a standard. Functional Speed Academy was built to be a place where students feel seen, challenged appropriately, and proud of the person they are becoming.

Why This Program Exists

Physical education should do more than keep students busy. It should teach them how to use their bodies, how to work with others, how to respond to challenge, and how to build habits that last.

Functional Speed Academy combines standards-aligned physical education with the coaching depth of an athletic development program. Speed and agility are the bias, but the real goal is a capable, confident student who understands movement and enjoys getting better.

What Makes Functional Speed Academy One of One

Expert coaching, not supervision

Students are taught how and why movement works. Every drill has a purpose, progression, and coaching intention.

Athletic development without an athlete prerequisite

Beginners are welcome. Competitive athletes are challenged. The same foundations are scaled to the student in front of us.

A complete yearly curriculum

Movement, speed, agility, strength, conditioning, sport skills, testing, and mental performance are intentionally sequenced across the school year.

Growth measured against the student

Testing is used as feedback, not judgment. Students learn to recognize progress, set goals, and take ownership.

The human comes first

Confidence, character, communication, and belonging are coached alongside physical skills.

An environment parents can trust

Clear standards, organized instruction, age-appropriate progressions, and a culture where students are supported and expected to grow.



CLEAR CHOICES

Program Options and Pricing

Each option uses the same coaching philosophy and curriculum. The difference is frequency, group size, and level of individualized feedback.

PROGRAM	RATE	STRUCTURE	BEST FIT
Monthly Physical Sports Education Class	\$175 monthly	First three Fridays, 10:30 AM-12:00 PM	Consistent weekly P.E., athletic foundations, team learning, and full curriculum exposure.
Monthly Physical Sports Education Class Advanced	\$350 monthly	Six small-group sessions during the first three weeks; placement and availability based	Students ready for more repetition, closer feedback, greater challenge, and a 6-8 student training environment.
One Day Physical Sports Education Class	\$65 per class	Select dates and space availability	A first experience, individual assessment, placement support, or occasional participation.

2026-2027 LAUNCH

The school year begins Friday, August 14, 2026. Charter purchase orders may be submitted before the first class and must be approved before attendance.

What Students Experience Every Week

- **Readiness and connection:** A short check-in that prepares the student to learn and helps the coach understand the room.
- **Mobility and movement preparation:** Controlled Articular Rotations, balance, coordination, rhythm, and body awareness.
- **Physical education skill development:** Locomotor skills, object control, movement concepts, team activities, and fitness knowledge.
- **Speed and agility:** Acceleration, deceleration, change of direction, reaction, spatial awareness, and efficient movement.
- **Strength and core:** Age-appropriate squat, hinge, lunge, push, pull, carry, brace, jump, land, and throw progressions.
- **Mental performance:** Focus, confidence, ownership, effort, resilience, communication, leadership, and sportsmanship.

Curriculum Pillars

HUMAN Readiness, confidence, regulation, communication, effort, and personal responsibility.	ATHLETE Mobility, balance, coordination, speed, agility, strength, power, conditioning, and adaptability.
SKILL Applying movement in games, sports, challenges, teamwork, and real-time decisions.	LIFELONG HEALTH Understanding training, recovery, body awareness, safe participation, and the value of consistent movement.



PROGRESS WITH PURPOSE

Testing, Feedback, and Real Growth

Testing is not used to label students or rank children against one another. It gives students a starting point, helps coaches adjust instruction, and teaches students how to use feedback without being defined by a number.

- 10-yard acceleration and sprint mechanics
- Change of direction through a modified 5-10-5 shuttle
- Standing broad jump and medicine ball throw for power
- Balance, coordination, landing, and movement-quality checks
- Age-appropriate strength, core control, and work-capacity challenges
- Effort, coachability, teamwork, and goal reflection

OUR TESTING STANDARD

Every assessment may be modified for age, readiness, injury history, and learning needs. The most important comparison is the student today versus the student who started.

Who This Program Is For

- Homeschool, charter, and private-school students who need a complete physical education experience.
- Beginners who need a safe and encouraging place to learn movement.
- Active children who need structure, confidence, coordination, and healthy challenge.
- Young athletes who want better speed, agility, strength, and movement quality without losing the broader value of physical education.
- Families who care as much about the environment and coach as they do about the activity.

Location, Vendors, and Enrollment

LOCATION	ICON Fitness Studio, 38397 Innovation Ct, Suite 104, Murrieta, CA 92563
APPROVED VENDORS	Mission Vista Academy and Pacific Coast Academy
CONTACT	Coach Henry Aviles functionalspeedacademy@gmail.com (951) 347-4090
WEBSITE	www.functionalspeedacademy.com

The Next Step

Review the program options, then contact Coach Henry with your child's age, experience, goals, and charter school if applicable. We will help determine the best starting point before an order is submitted.

**The goal is not to produce the best child in the room.
The goal is to help every child leave more capable than they arrived.**