

Functional Speed Academy P.E. Overview



A homeschool Physical Sports Education and athletic development program built to help students move with confidence, train with purpose, and grow into capable young people.

Powered by Functional Speed Academy

P.E. should be bigger than P.E.

This is not random games, busy work, or a box to check. Functional Speed Academy P.E. is a coach-led environment where movement becomes confidence, effort becomes ownership, and students learn how to grow through challenge.

WHY Students need a place to build confidence, coordination, discipline, ownership, and healthy movement habits that last beyond class.	HOW We coach movement, speed, agility, strength, games, effort, teamwork, and physical education with clear structure and care.	WHAT A year-round Physical Sports Education program with core classes, advanced classes, and one-day assessment or skill-based sessions.
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Build the human first. Then the athlete. Then the skill.

Program Pathway

Functional Speed Academy P.E. gives families a simple structure: a foundational monthly class, an advanced monthly class, and a one-day option for drop-ins, skill-based sessions, or physical fitness assessment days.

Service	Structure	Focus	Price
Monthly Physical Sports Education Class	3 classes/month 90 minutes each Grade 1-12	movement, speed, agility, coordination, confidence, games, and physical education	\$175 monthly
Monthly Physical Sports Education Class Advanced	6 classes/month 90 minutes each Grade 1-12	speed, strength, agility, coordination, movement skills, athletic development, and training habits	\$350 monthly
One Day Physical Sports Education Class	1 class/session 90 minutes Grade 1-12	movement, games, teamwork, skill-based training, or physical fitness assessment	\$65 session

Monthly rhythm

The first three weeks of each month are focused on training, skill development, movement quality, confidence, and class culture. The final week may be used for a one-day Physical Sports Education class, skill-based session, or physical fitness assessment.

Advanced does not mean intimidating

Advanced means more structure, more coaching detail, and more ownership. Students do not need prior athletic experience to belong here. They need to be ready to learn, train, be coached, and grow.

What Families Can Expect

Students are coached through structured movement, speed, agility, coordination, teamwork, body control, confidence, and age-appropriate athletic development.

Coach-led environment

Classes are organized, active, and intentional. Students are coached with care, challenged with purpose, and supported through the process.

Human-first standards

Different students have different starting points. The standard stays the same: respect, effort, safety, growth, and confidence.

Registration and communication

Final schedules, class placement, and enrollment details are confirmed through official registration communication. Families should use the most recent class calendar and program updates provided by Functional Speed Academy.

Different starting points. Same belief. Same respect. Same expectation of growth.

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