

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, athletic testing, and mental performance are intentionally sequenced across the school year.	Growth measured against the student Testing is 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.

Program Options and Pricing

Both program options use the same human-first philosophy and progressive curriculum. The difference is the age group and coaching application.

PROGRAM	MONTHLY TOTAL	STRUCTURE	BEST FIT
FSA Physical Sports Education Grades 1-12 Approved charter service: Monthly Physical Sports Education Class	\$240 \$175 training + \$65 required Athletic Testing Day	3 x 90-minute training classes during the first three Fridays + 1 required Athletic Testing Day during the final testing week.	Consistent P.E., athletic foundations, team learning, and full curriculum exposure.
FSA Advanced Physical Sports Education High School Approved charter service: Monthly Physical Sports Education Class Advanced	\$240 \$175 Advanced training + \$65 required Athletic Testing Day	Once weekly: 3 x 90-minute Advanced training classes + 1 required Athletic Testing Day during the final testing week.	High-school students ready for age-appropriate athletic development, closer feedback, and greater ownership.

PROGRAM ENROLLMENT STANDARD

FSA P.E. is offered in 16-week (4-month) development blocks only. Tuition is billed monthly during the block, but enrollment is not month-to-month. Registration opens once every 4 months during the month before the next development block begins.

Required Athletic Testing

Athletic Testing Day is required for all enrolled FSA P.E. students. Testing gives students a starting point, helps coaches individualize instruction, and allows families and students to see progress over time. The primary comparison is always the student against their own previous work.

Charter Funding Available

Functional Speed Academy is an approved provider for Mission Vista Academy and Pacific Coast Academy. Eligible families may use approved charter funds toward FSA Physical Education programming. Charter funding is a payment pathway only and does not change the 4-month enrollment structure.

Funding protection: If charter funds are delayed, denied, exhausted, reduced, or otherwise unavailable during an active 4-month block, the parent/guardian remains responsible for the unpaid balance and may continue by self-pay.

The FSA P.E. Development Environment

- 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.

Private Athletic Training

One-on-one athletic training is available for athletes seeking more individualized coaching in speed, strength, movement, and athletic development.

Private Training: \$135 per 60-minute session
New Athlete Requirement: \$175 Athletic FRA
Private training is separate from FSA Physical Education, is self-pay only, and is not eligible for charter funding.

Location, Vendors, and Next Step

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

Request a discovery call so FSA can confirm fit, current roster availability, the correct program path, and the next enrollment window before any charter 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.