

Physical Education Syllabus



A clear guide for families and students: purpose, expectations, training focus, safety standards, and how we build a strong class culture.

Powered by Functional Speed Academy

Build the human first. Then the athlete. Then the skill.

This syllabus is not just a rule sheet. It is the standard for how we train, communicate, encourage, challenge, and grow inside Functional Speed Academy P.E.

Class culture

Students are expected to show respect, give honest effort, listen to coaching, support others, and participate with a growth mindset. Our environment is positive, structured, and coach-led.

Who this program is for

Functional Speed Academy P.E. serves homeschool students in Grade 1-12. Students may have different goals, confidence levels, athletic backgrounds, and starting points. Every student is coached with care and expected to grow.

Training Focus

Every class is designed to help students move better, build confidence, and learn how to train with purpose.

Training Area	What students build
Movement quality	body control, posture, joint awareness, coordination, and safe movement habits
Speed and agility	acceleration, deceleration, change of direction, reaction, and game-speed movement
Strength and power	foundational strength, core control, landing mechanics, balance, and athletic confidence
Games and teamwork	communication, effort, decision-making, cooperation, leadership, and sportsmanship
Mindset and confidence	discipline, resilience, ownership, focus, and learning how to respond to challenge

Monthly class rhythm

The first three weeks of each month focus on training, movement skills, games, and physical education. The final week may include one-day participation, skill-based training, or physical fitness assessment opportunities.

Advanced class standard

Advanced classes are for students ready for more structure, coaching detail, and ownership. The language stays broad and inclusive, but the coaching expectations are higher.

Student and Family Expectations

Students do not need to be perfect. They do need to be coachable, respectful, and willing to try.

Student expectations

Arrive on time. Wear proper training clothes and athletic shoes. Bring water. Listen when coaches are speaking. Try your best. Respect the space, coaches, classmates, and equipment.

Family expectations

Families should review the current calendar, communicate attendance changes when possible, complete required forms before participation, and use official program communication for updates.

Communication

Official program updates, calendar changes, and class announcements are shared through the current Functional Speed Academy communication channel and direct program communication.

Attendance and participation

Consistent attendance helps students build skill, confidence, and class culture. One-day participation may be available when space allows.

Safety Standards

Safety is built through clear coaching, good structure, appropriate progressions, and communication between families and coaches.

Medical and support notes

Parents should share any medical, behavioral, sensory, physical, or learning considerations that may help coaches support the student well.

Waiver and consent

A completed acknowledgement, waiver, emergency medical authorization, and photo/video consent form is required before participation.

Class readiness

Students should bring water, wear athletic shoes, and come ready to move. If a student is sick, injured, or not ready to participate safely, families should communicate with Coach Henry.

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

Coach Henry Aviles | Functional Speed Academy | functionalspeedacademy@gmail.com