



PowerSource Performance Fitness

Homeschool Movement & Fitness Program (Ages 9–14)

Year-at-a-Glance – Parent Handout

Program Purpose

This program is built for homeschool students who aren't trying to be high-level athletes but still need weekly movement, strength, and confidence-building. We focus on posture, coordination, basic strength, and having fun in a group. Everything is scalable, and no experience is required.

How the Year Is Organized

We run the year in four 12-week blocks:

- **Term 1 – Foundations (Weeks 1–12):** Learn how to squat, hinge, push, pull, jump, and move safely. Lots of fun games to build confidence. Week 12 = challenge/celebration.
- **Term 2 – Skill Expansion (Weeks 13–24):** Introduce light equipment (bands, med balls, light dumbbells). More agility, balance, and reaction drills. Optional parent day in Week 24.
- **Term 3 – Applied Fitness (Weeks 25–36):** “Real life” movement: carrying, getting up/down, working with a partner. Circuits that feel like a PE class. Week 36 = “PowerSource Games.”
- **Term 4 – Leadership & Lifestyle (Weeks 37–48):** Students help lead warm-ups. How to stay active even if you don't play sports. Year-end showcase in Week 48.

What a Typical Session Looks Like

- Warm-Up (10 minutes): posture, mobility, coordination
- Skill of the Day (15–20 minutes): e.g. squatting well, safe jumping/landing, balance
- Game/Challenge (10–15 minutes): keeps buy-in high, teaches teamwork
- Cool Down / Wins (5 minutes): “what did you learn today?”

Sessions are designed so 11–14 year olds of mixed ability can train together.

Safety & Progress

- We start with bodyweight and only add load when movement is good.
- Kids are taught how to land, how to stop, and how to move in different directions.
- We track simple metrics a few times per term (plank time, broad jump, short shuttle) so your student can see improvement. This is about progress, not comparison.



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Parent Talking Points

- “This is PE for homeschool – not tryouts.”
- “Your job is to try hard and be coachable.”
- “We measure some things so you can see you’re getting stronger.”
- “We end with games because movement should be fun.”

What Your Student Will Be Able to Do

- Move with better posture and control
- Squat, hinge, push, and pull safely
- Change direction without losing balance
- Do short conditioning efforts without quitting
- Work with a partner / in a team
- Understand how to stay active at home

What We Need from Parents

- Help with consistent attendance (skills stack on each other)
- Let us know about injuries or movement concerns
- Encourage effort over perfection

For additional information please contact:

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