

Spatrian Homeschool PE: Scope and Sequence

A homeschool physical education curriculum taught through soccer, grades 7–12 (U14–U18). Generated 2026-10-02 from the curriculum the app serves.

Hours below are the plan. The record a family keeps of what was actually done is what a portfolio or transcript reports. Standards codes are the ones each unit carries in the curriculum; where a unit carries none, none is claimed.

U14 · 7th – 8th grade · Middle school PE

Tactical awareness, decision-making, and performance analysis.

9 units · 40 lessons · 34 hours of lesson plans · planned at 4 hours a week, 144 hours over a 36-week year

How the year is paced

Weeks	Phase	Focus	Intensity	Hours
1-6	Pre-Season Foundation	Fitness base, fundamental skills review, assessment baseline	moderate	24
7-14	Technical Development	Skill acquisition, ball mastery, individual technique	moderate-high	32
15-22	Tactical & Game Understanding	Game sense, decision making, positional play	high	32
23-30	Competition & Application	Match play, scrimmages, applying learning in games	high	32
31-36	Review & Transition	Assessment, celebration, off-season planning	moderate-low	24

Core units

Unit	Lessons	Minutes	Standards carried
Tactical Attacking Advanced attacking concepts - creating overloads, breaking defensive lines, and combination play.	5	265	NYS 1A, NYS 1B, FIFA tactical, FIFA technical
Pressing Systems Implement coordinated pressing systems - high press, mid-block, and low block.	5	265	NYS 1A, NYS 1B, FIFA tactical, FIFA physical
Technical Excellence Refine technical skills under pressure - first touch, passing range, and shooting accuracy.	5	265	NYS 1A, FIFA technical
Game Management Manage game situations - protecting a lead, chasing a goal, time management.	4	210	NYS 1B, NYS 2A, FIFA tactical, FIFA psychosocial
Physical Development Age-appropriate strength, speed, and endurance training for developing players.	5	255	NYS 1A, NYS 1B, FIFA physical
Advanced Set Pieces Design and execute set-piece routines for corners, free kicks, and throw-ins.	4	210	NYS 1A, NYS 1B, FIFA tactical, FIFA technical

Unit	Lessons	Minutes	Standards carried
Leadership & Captaincy Develop leadership, communication, and team-building skills on and off the pitch.	4	210	NYS 2A, NYS 2B, FIFA psychosocial

Family sessions

Unit	Lessons	Minutes	Standards carried
Family Tactical Games Family-play lessons for U14: activities designed for 1–5+ family members of varying ages.	4	165	NYS 1A, NYS 2A, NYS 2B, FIFA fun, FIFA psychosocial, FIFA physical

Extension weeks

Unit	Lessons	Minutes	Standards carried
Advanced Integration & Review	4	220	none

U16 · 9th – 10th grade · High school PE

Position-specific play, conditioning, and self-assessment.

12 units · 52 lessons · 48 hours of lesson plans · planned at 5 hours a week, 180 hours over a 36-week year

How the year is paced

Weeks	Phase	Focus	Intensity	Hours
1-6	Pre-Season Foundation	Fitness base, fundamental skills review, assessment baseline	moderate	30
7-14	Technical Development	Skill acquisition, ball mastery, individual technique	moderate-high	40
15-22	Tactical & Game Understanding	Game sense, decision making, positional play	high	40
23-30	Competition & Application	Match play, scrimmages, applying learning in games	high	40
31-36	Review & Transition	Assessment, celebration, off-season planning	moderate-low	30

Core units

Unit	Lessons	Minutes	Standards carried
Systems of Play Understand and execute multiple formations and tactical systems in 11v11 contexts.	5	285	NYS 1A, NYS 1B, FIFA tactical
Advanced Attacking Play Complex attacking patterns, final-third play, and creating chances from various situations.	5	285	NYS 1A, NYS 1B, FIFA tactical, FIFA technical
Elite Goalkeeping High-level GK training - distribution, sweeping, 1v1 scenarios, and cross dealing.	4	225	NYS 1A, NYS 1B, FIFA technical, FIFA tactical

Unit	Lessons	Minutes	Standards carried
Periodization & Peaking Understanding training periodization to peak for important matches and tournaments.	5	270	NYS 1A, NYS 1B, FIFA physical
Performance Analysis Use match analysis tools and video review to improve individual and team performance.	4	225	NYS 1B, NYS 2A, FIFA tactical, FIFA psychosocial
Dead Ball Mastery Advanced dead ball skills including curved free kicks, long throws, and penalty technique.	5	255	NYS 1A, FIFA technical
Player Identity & Development Self-awareness, player identity, and long-term development planning.	5	255	NYS 2A, NYS 2B, FIFA psychosocial

Health & wellness

Unit	Lessons	Minutes	Standards carried
Fuelling Training: Nutrition for Performance How food becomes work: energy balance, the three macronutrients, hydration, and reading what is actually in a packet.	4	240	NYS 1B, NYS 3A, SHAPE 3, SHAPE 5, FIFA Physical
Sleep and Recovery The training adaptation that happens when nothing is happening: sleep architecture, debt, and the routine that protects it.	4	240	NYS 1B, NYS 3A, SHAPE 3, SHAPE 5, FIFA Physical
Injury Prevention and Return to Play Load, warm-up, the difference between soreness and pain, and who decides when a player goes back.	4	240	NYS 1B, NYS 3A, SHAPE 3, SHAPE 5, FIFA Physical

Family sessions

Unit	Lessons	Minutes	Standards carried
Family Training Partners Family-play lessons for U16: activities designed for 1–5+ family members of varying ages.	3	120	NYS 1A, NYS 2A, NYS 2B, FIFA fun, FIFA psychosocial, FIFA physical

Extension weeks

Unit	Lessons	Minutes	Standards carried
Elite Performance & Season Review	4	240	none

U18 · 11th – 12th grade · High school PE

Independent training design, leadership, and capstone project.

12 units · 52 lessons · 48 hours of lesson plans · planned at 5 hours a week, 180 hours over a 36-week year

How the year is paced

Weeks	Phase	Focus	Intensity	Hours
1-6	Pre-Season Foundation	Fitness base, fundamental skills review, assessment baseline	moderate	30
7-14	Technical Development	Skill acquisition, ball mastery, individual technique	moderate-high	40
15-22	Tactical & Game Understanding	Game sense, decision making, positional play	high	40
23-30	Competition & Application	Match play, scrimmages, applying learning in games	high	40
31-36	Review & Transition	Assessment, celebration, off-season planning	moderate-low	30

Core units

Unit	Lessons	Minutes	Standards carried
Advanced Tactical Concepts High-level tactical understanding - game models, phases of play, and situational tactics.	5	285	NYS 1A, NYS 1B, FIFA tactical
Technical Mastery Refine all technical skills to elite level under game-speed pressure.	5	285	NYS 1A, FIFA technical
Peak Physical Performance Elite-level physical preparation - strength, power, speed, endurance, and flexibility.	4	225	NYS 1A, NYS 1B, FIFA physical
Elite Leadership Advanced leadership skills - team culture, mentoring, and self-management.	5	270	NYS 2A, NYS 2B, FIFA psychosocial
Elite Set Pieces Complex set-piece design, execution, and defensive organization at elite level.	4	225	NYS 1A, NYS 1B, FIFA tactical, FIFA technical
Match Preparation & Review Complete match preparation cycle - analysis, planning, execution, and review.	5	270	NYS 1B, NYS 2A, FIFA tactical, FIFA psychosocial
Pathway & Career Planning Prepare for next steps - college soccer, semi-pro, coaching, or lifelong recreational play.	5	270	NYS 2A, NYS 2B, FIFA psychosocial

Health & wellness

Unit	Lessons	Minutes	Standards carried
Mental Health in Sport Stress, pressure, burnout and identity — the part of athlete health that does not show up on a fitness test.	4	240	NYS 1B, NYS 3A, SHAPE 3, SHAPE 5, FIFA Physical
How Training Works Overload, specificity, reversibility and periodisation — the principles under every programme, applied to the student's own year.	4	240	NYS 1B, NYS 3A, SHAPE 3, SHAPE 5, FIFA Physical

Unit	Lessons	Minutes	Standards carried
Substances, Supplements and Risk Doping, over-the-counter supplements and the everyday substances a young athlete meets first. Florida's HOPE framework names this explicitly.	4	240	NYS 1B, NYS 3A, SHAPE 3, SHAPE 5, FIFA Physical

Family sessions

Unit	Lessons	Minutes	Standards carried
Family Coaching & Leadership Family-play lessons for U18: activities designed for 1–5+ family members of varying ages.	3	125	NYS 1A, NYS 2A, NYS 2B, FIFA fun, FIFA psychosocial, FIFA physical

Extension weeks

Unit	Lessons	Minutes	Standards carried
Professional Preparation & Legacy	4	240	none

33 units and 144 lessons across U14–U18.

How the record maps to SHAPE America (2024)

SHAPE America's 2024 National Physical Education Standards are four. Spatrian maps them from what a child actually logs: each session is classified into activity categories, and each category below counts toward the standard beside it at the weight shown. This is a mapping of the record, not a per-lesson alignment; no lesson in this document is claimed to teach a standard it does not carry.

Units above tagged SHAPE 1 to SHAPE 5 carry the 2013 numbering their authors used, which had five standards. They are printed as tagged; the table below is the 2024 revision.

Standard	What SHAPE America says it is	Logged activity that counts toward it (weight)
S1 Motor Competency	Develops a variety of motor skills	sport specific skills (1), agility training (1), plyometric workload (0.8)
S2 Movement Concepts and Fitness	Applies knowledge related to movement and fitness concepts	tactical decision making (1.3), aerobic energy system (1.2), sRPE (1), strength conditioning (1), glycolytic energy system (1), atp cp energy system (1)
S3 Social Skills and Responsible Behavior	Develops social skills through movement	match play duration (1.5)
S4 Personal Skills and Value of Activity	Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity	sRPE (0.8), self assessment (0.8), flexibility mobility (0.6), recovery wellness (0.5)