



Laguna Beach Unified School District
Independent Study – Physical Education

DEADLINE for turning in application for acceptance for Independent Study P.E. ("ISPE") is two weeks prior to the start of the applicable semester¹.

NO APPLICATION WILL BE ACCEPTED AFTER THE SEMESTER BEGINS

This packet contains:

- LBUSD Independent Study Board Policy and Administrative Regulations for you to read and retain.
- Notification of Independent Study P.E. Requirements for you to read and retain.
- Notification of California Physical Education Standards
- Individual Plan to be completed by parent, student and coach/ instructor.
- Contract to be completed by parent, student and coach/ instructor.
- Performance Evaluation Report to be turned in 5 days before the end of the applicable semester by the student to the Administration Office. *There will be no reminder notice sent to the student.*
- Activity Log, to be turned in by the student to the Counseling Office **in the first week of every month, for the month immediately prior.**

It is the responsibility of the student to turn in his/her Activity Logs monthly as described above and Performance Evaluation Report at the end of each semester in order to receive a "P" with 5.00 credits on their report card and transcript. Failure to do so will result in an "F" posted on their report card and transcript. LATE REPORTS WILL NOT BE ACCEPTED.

**APPLICATION DEADLINE IS TWO (2) WEEKS PRIOR
TO THE START OF APPLICABLE SEMESTER**

¹ Students who wish to apply for both semesters of a school year may submit this application only once at the start of the school year by circling "both" on the application form next to the semester inquiry.



Laguna Beach Unified School District

NOTIFICATION OF INDEPENDENT STUDY - PHYSICAL
EDUCATION REQUIREMENTS

Independent Study - A student in grades 6-8 may earn one semester of physical education "credit" per semester and a student in grades 9-12 is eligible for a maximum of 20 units (two years) of physical education credit via private instruction. This credit is on a pass/fail basis. Independent study is an optional educational alternative in which no pupil may be required to participate. If you elect to enroll in independent study physical education, one (or both) of the following must be true:

1. **Within the calendar year immediately prior to the date of submission of this packet,** a middle or high school student is or has been nationally ranked in an individual sport. This eligibility does not apply if the student is not independently, individually nationally ranked, but is on a nationally ranked team.

The following is a list of some of the national governing bodies (this is not an all-inclusive list):

- **Diving:** The student must participate in the USA Diving West Spring Junior National Championships and qualify top 15 for the Summer Zone Championships.
www.diverneets.com
- **Equestrian:** Must qualify for United States Equestrian Federation (USEF) rated shows and meet all membership and point requirements for each discipline entered. Must also have competed in a USEF rated show prior to the application submission. www.usef.org
- **Fencing:** The student must be in the top 20 in the Y-12 and Y-14 divisions and the top 32 in the Y-17 (Cadet) and Y-20 (Junior) divisions as determined by www.usfencing.org/ at either the regional or national levels.
- **Golf:** The student must participate in the PGA of Southern California Junior tour and be ranked in the top 15% of singles players in Southern California in his/her age group.
www.spcgajrtour.com
- **Gymnastics:** The student competes at USA Gymnastics Level 8-10 or Elite for gymnastics; tumbling and trampoline at Western Regional or National meet competitions. www.meetscoresonline.com
- **Ice Skating:** The student must pass the intermediate level U.S. Figure Skating Tests (moves and freestyle). www.ocfsc.iwarp.com
- **Surfing:** Student competes in the WSA Prime and/or the NASSA Open and is ranked in the top 25% of their age group. www.nassa.org
- **Swimming:** The student must post three Junior Olympic qualifying times and compete at the official Junior Olympic Summer meet as an individual, not a relay member, and make it to the semi-finals. www.usaswimming.org
- **Tennis:** The student must be ranked 3-Star or better as determined by www.tennisrecruiting.net
- **US Archery:** Results from nationally recognized events as reported at <http://www.teamusa.org/USA-Archery>

- **Badminton:** Results posted by USA Badminton for USAB junior rankings at www.teamusa.org/usabadminton
- **Cheer:** The student must have had his/her all-star team compete and place in the top 5 at nationals and/or world's finals in the level 5 divisions (level 5 restricted divisions will not be accepted) , at a nationally recognized competition within the past 12 months prior to District application. The "top 5" is defined as placing first through fifth place, not top five percent, of competitions. No regional or invitational competitions will be accepted. Companies that provide partial bids, and paid bids to the world championships, such as but not limited to, United Spirit Association "USA", National Cheerleaders Association "NCA", Golden State Spirit Association "GSSA", and Universal Cheerleaders Association "UCA" would qualify. Verification of that placement must be on the sponsoring competition letterhead to document placement and competition date and location. Additional certification from the "all-star gym" where the student competed as a level 5 athlete will also be needed.
- **Dance:** The student must have placed in the top 10 at the national finals in group or solo divisions of the championship (top level division) at a nationally-recognized competition within the past 12 months prior to District application. The "top 10" is defined as placing first through tenth place, not top 10 percent, of competitions. No regional competitions will be accepted. Companies sponsoring national finals, such as but not limited to, Showstoppers, Showbiz, Star power, Starlight, KAR and Tremaine, would qualify. Verification of that placement must be on the sponsoring competition letterhead to document placement and competition date and location. Additional certification from the competing studio that the student was a soloist or in a competition routine will also be needed.
- **Classical Ballet:** Students must have been accepted to a summer scholarship program through a nationally-recognized ballet company, such as, but not limited to, American Ballet Theater, Jeffrey Ballet, New York Ballet, San Francisco Ballet, Houston Ballet, Feld Ballet, or Alvin Alley, and meet criteria for Independent Study Dance. Verification of the student's placement in these programs must be on the company's letterhead. Participation in this summer program must be within the past 12 months of application. If the above ballet companies do not allow for competition participation, proof of program policy must be verified via official ballet company documentation.

AND/OR

2. If a high school student is a member of a team in a sport not offered at the school, and all of the following are true:
 - a. that membership has been earned through a competitive tryout;
 - b. the team's practice schedule is similar to the schedule of a high school sport team in season;
 - c. the team's typical schedule is comprised of multiple (minimum three per season) interstate competitions during the school year, and at least one of those is out of state,
 - or, if the team has earned the right competitively to participate in national level tournaments for the past two consecutive years.

Upon completion of annual paperwork according to stated timelines, up to five units of credit may be awarded for every 18 weeks of scheduled activity.

Teams or team sports currently approved in this category are:

- Synchronized Swimming
 - The Meraquas of Irvine
 - L.A. Synchronized Swim Club
 - Riverside Aquettes
- Arctic Jewels (U.S. Synchronized Team Skating Club)
- Newport Aquatics Rowing Club
- Southern California Amateur Hockey Association
 - California Wave Hockey Club Bantam AAA
 - OC Hockey Club (formerly Blackhawks Hockey Club Bantam AAA)
 - Beach City Lightning
 - LA Hockey
 - Anaheim Lady Ducks AAA
 - Huntington Beach High School Hockey
 - Anaheim Ducks High School Hockey League

It is the responsibility of the student to provide appropriate documentation including confirmation of ranking, if applicable, schedule of competitions, and required hours of supervised practice under a qualified instructor, together with the submission of the ISPE Individual Plan and ISPE Contract as the ISPE Application Packet. All other requirements of LBUSD Board Policy and Administrative Regulations regarding Independent Study shall also apply.

Parents agree to supervise their student during the time they would have been in a PE class. A shortened schedule will be offered and the school site shall not allow for an additional course in the normal school day. Appeals of school decisions on acceptance of an Independent Study PE application can be made through the office of the Assistant Superintendent of Instructional Services. Appeals should be made in writing and **within seven (7) days of the school site decision** and include a copy of the submitted application packet, the school's decision, and the basis for student's appeal. **Appeals received after seven (7) days of the school site decision shall not be considered.** The Assistant Superintendent of Instructional Services will consider appeals and his/her decision will be final.

In order for sports not listed above or previously approved to be considered, an application must be submitted at least 4 weeks prior to the start of the applicable semester with documentation of comparable criteria to other sports. Approval status for non-listed sports applications will be determined within 2 weeks of the applicable semester.



Laguna Beach Unified School District

NOTIFICATION OF CALIFORNIA PHYSICAL EDUCATION STANDARDS

Please use the California State Standards listed below to help in creating your Individual Plan. An expanded list of the California Physical Education Standards can be found at <http://www.cde.ca.gov/ci/pe/>

- **Grade Six**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

- **Grade Seven**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

- **Grade Eight**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

- **High School**

- Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
- Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Standard 3: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.



Laguna Beach Unified School District
INDEPENDENT STUDY - PHYSICAL EDUCATION
INDIVIDUAL PLAN

(to be completed by the parent/guardian, coach/instructor, and student)

Student's Name _____ Telephone Number _____

Email Address _____

Address _____

School Year _____

Semester for which Application is Submitted (circle one): Fall Spring Both Semesters

School _____

Sport/Activity _____

Name of Coach/Instructor _____

Group/Club Affiliation _____

a. Evidence of Achievement: Please **attach** to this document a statement, on official letterhead, identifying the classification levels of the governing body and where the student ranks within those levels, or if applying based upon participation in a sport not offered at your high school, statements on official letterhead in accordance with the requirements specified in Section 2(a-c) of the ISPE Requirements.

b. Statement of Reason(s) for Requesting Independent Study - Physical Education:

c. Please list a minimum of three midyear goals which are aligned with the *California Physical Education Standards* (attached):

d. Please list a minimum of three year-end goals which are aligned with the *California Physical Education Standards* (attached):

e. Statement or list of daily activities by which the student will achieve the midyear and year-end goals:

Name of coach, trained specialist, instructor: _____

Title: _____

Credentials/Qualifications: _____

Plan completed by _____ Date _____

Student's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Coach/Instructor Signature _____ Date _____

Plan approved by Certification Teacher _____ Yes _____ No

Signature of Certificated Teacher _____ Date _____

Please Retain a Copy for Your Records



Laguna Beach Unified School District
INDEPENDENT STUDY - PHYSICAL EDUCATION
CONTRACT

Student _____ Date _____

School _____ Grade _____

Sport/Activity _____ Group Affiliation _____

The above-named student has requested the opportunity to participate in a physical activity as an alternative to a regular physical education class or program. The following are terms of this Contract:

1. The student applicant is enrolled in grades 6-12 in the Laguna Beach Unified School District.
2. The student applicant agrees to meet all terms the student's Individual Plan, and Laguna Beach Unified School District Independent Study Physical Education ("ISPE") Requirements, including but not limited to monthly submission of Activity Logs and submission of student's Performance Evaluation Report no later than 5 days prior to the end of each applicable semester.
3. **The student applicant understands and agrees that reminders of applicable Activity Log and Performance Evaluation submission dates shall not be given by the District.**
4. The student applicant agrees that the failure on the part of the applicant, applicant's parents, coach, instructor, or trained specialist to meet any terms of the ISPE Requirements and/or the applicant's Individual Plan may result in a "Fail" grade on his/her transcript.
5. The student applicant and Parent/Guardian understand and agree that no District materials or personnel shall be made available to student to facilitate his completion of his/her Individual Plan, Activity Logs or Performance Evaluation Report.
6. The student applicant and Parent/Guardian understand and agree that students in 7th or 9th grade, must still take the yearly physical fitness test administered by the school site, even while enrolled in ISPE.
7. The District, through a credentialed teacher, agrees to monitor student's timely submitted activity logs, and review student's timely submitted Performance Evaluation Report.
8. The District agrees to notify Student within 2 weeks of submission of any Activity Log if there is an issue (e.g. not enough activity logged) that could cause student to fail ISPE, to allow student the opportunity to remedy the issue. If the student fails to submit any monthly activity log by the 15th of any applicable month, District staff shall evaluate whether the student should be allowed to continue in independent study.

We have read and agree with the conditions within this Contract.

Parent/Guardian Signature _____ Date _____

Applicant Signature _____ Date _____

Private Coach/Instructor Signature _____ Date _____

Certificated Teacher Signature _____ Date _____



Laguna Beach Unified School District

RELEASE OF LIABILITY AND WAIVER OF CLAIMS PRIVATE INSTRUCTION IN PHYSICAL EDUCATION

I, having legal custody and educational decision making rights student, do hereby grant permission for the student listed above to participate in private instruction in physical education as described in the student's ISPE Individual Plan and ISPE Contract. I understand that this program is not conducted by, or supervised by, any employee, agent or representative of the Laguna Beach Unified School District, nor shall any materials be made available to student to facilitate his/her completion of student's ISPE Individual Plan. I hereby waive all claims against the District, its agents or representatives, the County of Orange, and the State of California for injury, accident, illness, or death occurring during, or by reason of, this voluntary private physical activity, while in transit to this activity, or which may occur during the time period in which the student is assigned the class period of ISPE.

Signature of Parent/Guardian _____ Date _____

Laguna Beach Unified School District Policy prohibits any person from participating in Private Instruction in Physical Education without proper completion and execution of this Contract.

Failure to meet these terms may result in forfeiture of the privilege of the program.

Please Retain a Copy for Your Records



Laguna Beach Unified School District

INDEPENDENT STUDY – PHYSICAL EDUCATION
PERFORMANCE EVALUATION REPORT

Student _____ Date _____

School _____ Grade _____

Sport/Activity _____ Governing Body _____

Grade/Hours Verification: I certify that the above student has received _____ hours of instruction time between the dates of _____ and _____. This instruction time meets or exceeds the time requirements established in law and/or district policy. The minimum requirement is 3.5 hours per week.

Grade Issued: Pass _____ Fail _____

Has this evaluation been discussed with the student and parents? _____ Yes _____ No

Please address the student's performance in each of the following areas; be as complete and specific as possible.

- 1. Describe the student's progress toward successful completion of midyear and year-end goals aligned with the California Physical Education Standards:

- 2. The student's work and effort during the evaluation period have been (please check one):

Outstanding Satisfactory Need Improvement Unsatisfactory

Additional Comments: _____

Coach/Instructor _____ Date _____

Coach/Instructor Signature _____

Certificated Teacher Signature _____ Date _____

Please Retain a Copy for Your Records

Must be submitted 5 days before the end of each grading period.
Missing or late evaluations may result in forfeiture of the privilege of the program.



Laguna Beach Unified School District
INDEPENDENT STUDY - PHYSICAL EDUCATION
MONTHLY ACTIVITY LOG TO BE SUBMITTED IN THE FIRST
WEEK OF EVERY MONTH

Student _____ Grade _____ Semester _____ Year _____

Beginning and ending dates of reporting period: From _____ To _____

ISPE APPROVED ACTIVITY: _____

Date	Location	Specific Activity²	Total Hours

Coach/Instructor Signature _____ Date _____

Credentialed Teacher Verification of Guidelines Met _____ Date _____
After administrator evaluation, file Activity Log with student's Independent Study Plan at the school site.

Failure to submit monthly Independent Study Activity Logs may result in removal from the program without credit.

Please Retain a Copy for Your Records

² Be specific as to the specific drill or skill that was involved. For example, simply writing "swim practice" is insufficiently detailed; however, "swam 50 laps of butterfly stroke" is sufficiently detailed.