

Laguna Beach Unified School District



Independent Study Physical Education Application

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INDEPENDENT STUDY PHYSICAL EDUCATION OVERVIEW AND APPLICATION DEADLINES

Overview

Students who participate in organized physical activities and have demonstrated to be elite athletes in their particular activity may be exempted from the school district physical education classes if they enroll in the District-approved Independent Study Physical Education Program (ISPE). Participation in the ISPE program shall be determined solely by the District. The designation as an elite athlete means that a student competes at the highest level within his/her/their sport or activity. The number of elite athletes within the District may vary annually but prior trends suggest that few students will meet this standard each year. Students who compete on an Olympic team or Olympic development team may be designated as an elite athlete. Elite athletes may compete professionally or internationally, depending upon their particular sport or activity. Elite athletes may be forced to maintain a schedule for practice or competition that conflicts with regular school attendance. Some elite athletes travel to international competitions or train at designated facilities outside the local attendance area.

Independent Study Physical Education Application DEADLINES

Term	Deadline
FALL	Applications must be submitted by June 1 to the school office.
SPRING	Applications must be submitted by October 1 to the school office.
YEARLONG	Applications must be submitted by June 1 to the school office. Select “both” on the application form next to the semester inquiry.

INDEPENDENT STUDY PHYSICAL EDUCATION REQUIREMENTS

CREDITS: 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.

PROGRAM ELIGIBILITY: 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 by a national registry. This type of eligibility does not include national ranked teams.

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

- **Archery:** Results from nationally recognized event 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 their 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.
- **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.
- **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, 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.

- **Diving:** The student must participate in the USA Diving West Spring Junior National Championships and qualify top 15 for the Summer Zone Championships. www.divemeets.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-7 (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 their age group. www.scpgajrtour.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
- **Mountain Biking:** The student must be ranked in Category 2 or above on the USA Cycling Ranking System for their Discipline and Age Group. <https://usacycling.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
- **Surfing:** Student competes in the WSA Prime and/or the NSSA Open and is ranked in the top 25% of their age group. www.nssa.org
- **Tennis:** The student must be ranked 3-star or better as determined by www.tennisrecruiting.net.

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. the 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 of 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 Arateur 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

Documentation of Ranking: 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 well as the ISPE Application Packet. All other requirements of LBUSD Board Policy and Administrative Regulations regarding Independent Study shall also apply.

Parent Supervision: Parents agree to supervise their student during the time they would have been in a PE class.

Schedule: A shortened schedule will be offered and the school site shall not allow for an additional course in the normal school day.

Appeals: 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 the 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 their decision will be final.

For sports not listed above or previously approved to be considered, an application must be submitted by June 1 or October 1 prior to the applicable semester. Approval status for non-listed

sports applications will be determined no later than 2 weeks prior to the applicable semester. Additional information may be requested.

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/>

- **Middle School (Grades 6 - 8)**
 - 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 (Grades 9 -12)**
 - 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.

Independent Study Physical Education Forms

The following forms are available for downloading and/or printing from this page or from the Student Services Manual in Canvas.

Form #	Form Title	Instructions	Due
Form #1	Education Plan	<i>To be completed by the parent/guardian, coach/instructor and student</i>	<i>By June 1 (FALL or YEARLONG) By October 1 (SPRING)</i>
Form #2	Student Contract	<i>To be completed by parent/guardian, student, coach/instructor & certificated teacher</i>	<i>By June 1 (FALL or YEARLONG) By October 1 (SPRING)</i>
Form #3	Release of Liability and Waiver of Claims	<i>To be completed by parent/guardian</i>	<i>By June 1 (FALL or YEARLONG) By October 1 (SPRING)</i>
Form #4	Performance Evaluation Report	<i>To be completed by coach/instructor and certificated teacher</i>	<i>5 days prior to the end of each grading period</i>
Form #5	Monthly Activity Log	<i>To be completed by coach/instructor and credentialed teacher</i>	<i>Due the first week of the month for the month immediately prior.</i>