O’Farrell High School

Independent Study Physical Education (ISPE) | 2026–2027

Program Overview

At O’Farrell High School, students may earn physical education credit through one of two approved options:

1. Enroll in an O’Farrell PE course, such as CrossFit, Conditioning, or another approved physical education course.
2. Participate in Independent Study Physical Education (ISPE), when eligible and approved by the school.

What Is ISPE?

ISPE provides eligible students with an opportunity to complete an approved physical education program outside the traditional PE classroom. Students follow a written learning plan, participate in approved physical activities, complete standards-aligned instruction and assignments, maintain documentation, and receive supervision and guidance from the designated teacher.

ISPE is a Credit/No Credit course. A student must satisfy all instructional, activity, documentation, assessment, and communication requirements to earn credit. Outside athletic participation alone does not automatically earn PE credit.

California Instructional-Minute Standard

O’Farrell’s 2026–2027 monthly schedule is based on 40 minutes for every instructional school day, equivalent to 400 minutes every 10 school days. California Department of Education PE guidance explains the applicable grades 7–12 instructional-time standard.

Important: These are minimum ISPE instructional and activity minutes. If O’Farrell adopts an additional elite-training eligibility requirement, such as 10–15 hours of supervised training per week, that requirement should be stated separately and should not be presented as California’s minimum PE requirement.

ISPE Requirements

- Complete and submit all required enrollment documents.
- Have a Master Agreement and Student Learning Plan signed and approved by the school deadline.
- Complete only activities approved in the Student Learning Plan.
- Complete the required instructional and activity minutes each month.

- Maintain accurate monthly ISPE logs.
- Submit logs, assignments, reflections, and assessments by the required deadlines.
- Demonstrate learning aligned with applicable California Physical Education standards.
- Communicate regularly with the designated supervising teacher.
- Complete all requirements necessary to receive Credit.

A student who does not complete the required minutes, assignments, documentation, or assessments may receive No Credit for ISPE.

Required ISPE Minutes

Semester 1

Month / Period	Instructional Days	Required Minutes
August 2026	20	800
September 2026	18	720
October 2026	19	760
November 2026	15	600
December 2026	14	560
January 5–8, 2027	4	160
Semester 1 Total	**90**	**3,600**

Semester 1 documentation due: January 8, 2027

Semester 2

Month / Period	Instructional Days	Required Minutes
January 11–29, 2027	14	560
February 2027	18	720
March 2027	20	800
April 2027	20	800
May 2027	19	760
Semester 2 Total	**91**	**3,640**

Semester 2 documentation due: May 28, 2027

Annual Requirement

Annual total: 7,240 minutes (120 hours and 40 minutes)

- Semester 1: 3,600 minutes
- Semester 2: 3,640 minutes
- Average regular five-day week: 200 minutes
- Average instructional day: 40 minutes

January note: The January requirement is divided between Semester 1 and Semester 2. Students must follow the separate January entries shown above.

Final-week note: The May total includes the instructional days through the last student day. The final submission deadline is therefore scheduled after the final student day.

ISPE Activity Logs

Students must maintain complete and accurate monthly records. Each entry should include:

- Date of activity or instruction
- Type of physical activity or learning activity
- Duration in minutes
- Monthly cumulative total
- Supervisor, coach, or program information when applicable
- Any reflection, verification, or additional information required by the learning plan

Falsifying logs or reporting activities that were not completed may result in No Credit and may be addressed under applicable school academic-integrity policies.

Master Agreement and Learning Plan

A signed and school-approved Master Agreement and Student Learning Plan are required before ISPE participation begins. Activities completed before approval may not be eligible for credit unless the school provides written authorization. Students and families must review the agreement, instructional expectations, activity requirements, assessment process, and submission deadlines before enrollment.

Roles and Responsibilities

Student Responsibilities

- Complete the required instructional and activity minutes consistently throughout each month.
- Follow the approved Master Agreement and Student Learning Plan.
- Maintain accurate records and submit work on time.
- Complete required assignments, reflections, assessments, and standards-based learning activities.
- Communicate promptly with the supervising teacher regarding injuries, schedule changes, missing work, or questions.
- Retain supporting documentation when requested.

Supervising Teacher Responsibilities

- Review the Master Agreement, Student Learning Plan, and required ISPE documentation.
- Provide standards-aligned instruction, assignments, and guidance.
- Monitor student progress and review monthly logs.
- Maintain regular communication with the student.
- Address missing, late, incomplete, or questionable documentation.
- Evaluate submitted work and determine Credit or No Credit according to the approved program requirements.
- Maintain records required by school policy and applicable independent-study requirements.

Parent/Guardian Responsibilities

- Review and sign required enrollment documents.
- Support consistent student participation and timely submission of documentation.
- Notify the school of injuries, program changes, or circumstances affecting participation.
- Verify information when required by the Master Agreement or learning plan.

Outside Coach or Program Verification

When activities occur through an outside athletic program, the school may require verification from the coach, trainer, or program. Verification may include program contact information, participation dates, training schedule, attendance, duration, and a signature or other confirmation. School approval remains required; outside participation does not transfer responsibility for instruction, monitoring, or credit determination away from O’Farrell.

Important Program Information

- ISPE is an academic physical education course, not simply a record of extracurricular participation.
- Physical activity must be paired with the instruction, learning evidence, supervision, and assessment identified in the approved plan.
- Medical restrictions, injuries, or required accommodations must be communicated immediately.
- Failure to meet required minutes or submit required work may result in No Credit.
- The school may revise individual learning plans when activities do not adequately address program expectations or student needs.

Required Forms

- 2026–2027 ISPE Master Agreement
- ISPE Student Learning Plan
- Monthly ISPE Activity Log
- Coach or Program Verification, when required
- Assignments, reflections, and assessments identified in the learning plan
- Additional documentation required by O'Farrell High School

Contact

Students and families with questions should contact the student's designated supervising teacher or O'Farrell High School administration.

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Source

California Department of Education: Physical Education Frequently Asked Questions