

Redondo Beach Unified School District Independent Study Physical Education (ISPE)

Independent Study Physical Education: The Program

The purpose of the RBUSD Independent Study Physical Education (ISPE) program is to provide an alternative to the regular physical education or athletics classroom, while remaining consistent with the RBUSD course of study and CA State Physical Education Framework for physical education.

*Students who participate in the ISPE program are engaged in **advanced levels of competition**; not recreational sports or most club level individual/team participation. The program is designed for the student who is engaged in a preparation program for **national, state, or Olympic-level athletic competition**.*

ISPE is available for eligible students in grades 6-12.

Criteria for Eligibility:

- 1. The student shall participate in supervised instruction, which may include training, competition and/or performance for a minimum of ten (10) hours every five school days (Monday-Friday)**
- 2. The student must have a minimum 2.5 grade point average, with no more than 1 “U” in citizenship and consistently good attendance/behavior**
- 3. Documentation of competition and/or performance at the Regional (Northern, Central or Southern California), State or National level.** (examples of documentation may include videotape or photographs of performance, award/place/participation certificates, meet/event participant lists, newspaper listing stating participant’s information)
- 4. All students in grades 7 and 9 are required to complete and pass the California Physical Fitness Test FITNESSGRAM in at least five of the six categories (Aerobic Capacity, Body Composition, Abdominal Strength, Trunk Extension, Upper Body Strength and Flexibility) *prior to eligibility to participate in ISPE.***

Administration of the CA PFT will take place prior to the beginning of each school year for interested students

- 5. For each semester of continued enrollment in the program, the student must maintain an overall minimum grade point average of 2.5 and no more than one “Unsatisfactory” grade in citizenship**

6. **Behavior infractions of a serious nature, including school suspensions, may result in loss of eligibility for ISPE.** Attendance, behavior and academic records will be reviewed on a regular basis.
7. **Students must complete an Individual Learning Plan and obtain signatures from the parent/guardian as well as the coach/instructor as part of the ISPE application process**
8. **The parent/guardian agrees to undertake all transportation of the student to and from ISPE activities, events, and competitions.** The District is not responsible for providing any transportation.
9. **The parent/guardian and student will be required to sign a District Waiver, Release of Liability, Indemnity Agreement and Assumption of Risk and Hold Harmless Agreement** which hold the District harmless from any liability or claims as a result of participation in the ISPE program.
10. **All ISPE instructors/coaches are required to sign a Hold Harmless Agreement provided in this packet.**
11. **Activity/Attendance logs must be submitted two weeks before the end of the semester. Failure to complete time requirements or failure to submit completed logs may result in loss of credit and removal from ISPE for the following semester**

Other Program Components:

- **Students will not be required to participate in an additional elective course to replace the regular, on campus, physical education class.** The ISPE class period will either be placed at the beginning or ending of the school day (dependent on sport/training schedule).
- **ISPE is a PASS/FAIL course only.** No letter grade will be assigned.
- High school students participating in this program may earn **five (5) physical education credits per semester** toward high school graduation. Students may earn **no more than 40 credits of ISPE during their high school career.**
- Students in grades 11 and 12 who have completed four semesters of physical education credit towards high school graduation may take ISPE as an elective if they meet the criteria for participating in ISPE
- ****RUHS ONLY:** ISPE is offered only in sports which are not available on campus. For example, ice skating, gymnastics, hockey, martial arts. If RUHS offers a sport at the varsity level of performance, a student is generally unable to participate in the ISPE program for that sport. Some exceptions may be considered for students participating in an elite program (such as the US Soccer Developmental Academy) or for swimming and water polo (since these sports are not offered year-round at RUHS). For swim/water polo, the students must participate in the RUHS program and then may participate in ISPE for the one semester off-season (as long as there has been at least three prior years of competitive club participation).

Ready to Apply?

Submit the following:

- Application/Contract with required signatures
- Documentation of competition and/or performance at the Regional, State or National level
- Individual Learning Plan must be completed by outside activity Instructor
- RBUSD Waiver, Release and Indemnity Agreement, Assumption of Risk for Participation in Independent Study P.E. Program
- Agency/Instructor/Coach Hold Harmless Agreement

All completed and signed documentation should be submitted online via Informed K12 by the deadline/s below.

Link to Walk-Through Video: [ISPE Application Walk-Through Video for Parents](#)

Link to ISPE Application: [Independent Study Physical Education Application](#)

2020-2021 Timeline/Calendar

1st Semester: Fall 2020

May 1, 2020	Forms available on the school website
June 1, 2020	Application with supporting documents submitted online
August 3-14, 2020	CA Physical Fitness Test administration window for applicants (specific dates TBD)
No later than August 19, 2020	Notification of approval or denial of ISPE participation
January 8, 2021	Deadline to submit 1st semester activity/attendance logs

2nd Semester: Spring 2021

January 11, 2021	Forms available on the school website for new ISPE athletes
January 15, 2021	Application with supporting documents submitted online
Week of Jan 19th	CA Physical Fitness Test administration for new applicants
January 22, 2021	Notification of approval or denial of ISPE participation
May 26, 2021	Deadline to submit 2nd semester activity/attendance logs

Contacts:

- For questions about the online form, please contact:

- Enas Campos at ecampos@rbusd.org

- For questions about the Independent Study Program, please contact your student's site:

- Adams – Brianne Nakayama at bnakayama@rbusd.org
- Parras – Trang Nguyen at tnguyen@rbusd.org
- RUHS – Bryan Ines at bines@rbusd.org