



# Independent Study Physical Education (ISPE)

## *San Dieguito Union High School District*

Welcome to Oak Crest's 2019-20 ISPE program. Below, please find all the information and materials needed to be successful in the ISPE program. Please read through the information carefully, paying close attention to the due dates and on-campus dates. **Please note** – students are **not** allowed on campus during their ISPE period except on the on-campus dates below. Please use the contact information or refer to our website for further information.

### Due Dates

Please note the following due dates for the 2019-2020 year are posted below. All information for assignments will be located in **Google Classroom** and student assignments must be submitted there as well.

#### •Fall Semester

Activity Logs (60 hours per semester)  
Self and Coach Evaluations

**Due Friday January 17**

#### •Spring Semester

Activity Logs (60 hours per semester)  
Self and Coach Evaluations

**Due Friday June 5**

### Contact Information

#### Katie Friedrichs

**\*(Currently out of the office)**  
Assistant Principal / ISPE  
Coordinator  
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#### Melanie Lawson

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#### \*Mary Levinson

Interim Assistant Principal  
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### On Campus Dates

**Students are required to be on campus during their ISPE period.**

- **Tuesday 27 August** – (1<sup>st</sup> and 6<sup>th</sup> Period ISPE) General ISPE Overview and School Expectations presentation
- **Friday 30 August** – (7<sup>th</sup> period ISPE Students) will participate in the School Expectations presentation during their band period
- **Friday 6 September** – (1<sup>st</sup>, 6<sup>th</sup> and 7<sup>th</sup> Period ISPE) – School Picture Day
- **Spring 2019** – Mandatory 7<sup>th</sup> grade only Physical Fitness Test (Dates to be posted)



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### Grading Procedures

ISPE is graded as a pass/fail. Your grade is wholly dependent on your activity logs and self/coach evaluations. Please be thorough and prompt with these requirements. Google classroom will be used to turn in *all* assignments.

### Drop off and Pick up Information

1<sup>st</sup> period and 6<sup>th</sup> period ISPE students are ***not*** permitted on campus during their ISPE period, except for the listed on-campus days. Please check the OC school calendar for early out Fridays and single period days, as these will affect dismissal times.

If dropping off and picking up at the front entrance, please do not pull into the parking lot. Please use the circle area adjacent to the front of the school.

[See Activity logs example](#)

[See Guidelines for self/coach evaluations](#)



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## ISPE Google Classroom

Instructions on how to enroll in Google Classroom is on the website and below. (Need to update the website)

Can include instructions in another email - once Google Classroom is set up

### ENROLLING IN THE DIGITAL CLASSROOM:

For this school year, ISPE will use Google Classroom to turn in all assignments. By using this program, we are able to go paperless and have a simplified process for our students. Please follow these steps to enroll and access the class:

1. Go to [my.sduhsd.net](http://my.sduhsd.net)

2. Click on Classroom icon →



3. Sign in with your SDUHSD login (7th graders and new students will get their login the first week of school)

4. When in the Google Classroom home page, click the + symbol located at the top and select "Join"



5. You will be prompted to enter a class code - **tnrnxj**. After typing in the code, click "Join"

6. Follow the instructions in the Assignment titled ISPE Goals 2019-20 to complete it. All assignments will be submitted digitally through this application. **Important** – please check due dates and plan accordingly.