



Independent Study Physical Education (ISPE)

San Dieguito Union High School District

Welcome to Oak Crest's 2018-2019 ISPE program! Below, you will find all the information and materials needed to be successful in the independent physical education program. Please read through the information carefully, pay attention to due dates and on-campus dates, and contact me with any questions. You can also refer to our website for any of these documents.

1. Contact Information

Katie Friedrichs, Assistant Principal and ISPE Coordinator

kathryn.friedrichs@sduhsd.net

Ms. Lawson, AP/ASB assistant

Melanie.lawson@sduhsd.net

2. Assignments: All assignments must be turned in by the due dates listed below to Melanie Lawson either via email or hard copy to the assistant principal's office.

Due Dates:

- Activity Logs (60 hours per semester)
 - **Friday, January 18th (1st Semester)**
 - **Friday, June 7th (2nd Semester)**
- Self & Coach Evaluations
 - **Friday, January 18th (1st Semester)**
 - **Friday, June 7th (2nd Semester)**

3. On Campus Dates (please be on campus during your ISPE period)

Students are **not allowed on campus during their ISPE period**, except on the following days. On the days listed below, please be on campus during your ISPE period.

(Please note the first week of school, single period days are Monday 8/29 and Friday 9/1)

- Tuesday, Sept. 4th -- **(1st period ISPE)** School Expectations
- Friday 9/7-- **(1st and 6th period ISPE)** School pictures/Expectations
- Spring 2019 – 7th grade physical fitness testing (**mandatory**; dates to be emailed)

(7th period ISPE students will have schoolwide expectations and pictures during their band period.)

4. 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.

5. Drop off and Pick up Information:

Your student will either have 1st period or 6th period ISPE and **cannot** be on campus during their ISPE period. Please remember that every other Friday is an early out Friday and review our school calendar for those dates.

Please drop off and pick up your students only in the circle area adjacent to the front of the school. Please do not pull into the parking lot to drop off or pick up.

Thank you,

A handwritten signature in blue ink, appearing to read "Katie Friedrichs". The signature is stylized with a large, looped initial "K" and a long horizontal stroke at the end.

Katie Friedrichs

Assistant Principal

Oak Crest Middle School

**SAN DIEGUITO UNION HIGH SCHOOL DISTRICT
INDEPENDENT STUDY P.E. LOG**

Student name: _____ Inclusive dates: _____

Activity: _____ Instructor: _____ Home phone #: _____

DATE	DAY OF WEEK	DETAILS OF SPECIFIC INSTRUCTIONAL TIME	TIME IN	TIME OUT	HOURS	LOCATION

TOTAL HOURS	
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THE LOG IS A VERIFICATION OF PARTICIPATION IN THE *INDEPENDENT STUDY PHYSICAL EDUCATION* PROGRAM. LOGS WILL BE VERIFIED WITH YOUR INSTRUCTOR VIA EMAIL.

SUBMIT LOG SHEETS VIA EMAIL or HARD COPY TO: Melanie Lawson (assistant principal's office) Email: melanie.lawson@sduhsd.net

Failure to turn log in within five days of the due date will result in one or more of the following:

1. Reassignment to regular Physical Education class
2. Receive a "F" grade
3. Progress report sent home

LOGS ARE DUE:

Friday, January 18th, 2019 and Friday, June 7th, 2019

SELF & COACH'S EVALUATION ARE DUE:

Friday, January 18th, 2019 and Friday, June 7th, 2019

Please note: Students dismissed from I.S.P.E. cannot apply again while a student is in the San Dieguito Union High School District.

**SAN DIEGUITO UNION HIGH SCHOOL DISTRICT
INDEPENDENT STUDY P.E. LOG
(EXAMPLE)**

Student name: **Joe Wave**

Inclusive dates: **8/30/18 to 10/16/18**

Activity: **SAMPLES for Equestrian Riding**

Instructor: **Mr. Woods** Home phone #: **555-5555**

THE LOG IS A VERIFICATION OF PARTICIPATION IN THE *INDEPENDENT STUDY PHYSICAL EDUCATION* PROGRAM. LOGS WILL BE VERIFIED WITH YOUR INSTRUCTOR VIA EMAIL.

Failure to turn log in within three days of the due date will result in one or more of the following:

1. Reassignment to regular Physical Education class
2. Receive a "F" grade
3. Progress report sent home

LOGS ARE DUE:

Friday, January 18th, 2019 (1st Semester) and Friday, June 7th, 2019 (2nd Semester)

SELF & COACH'S EVALUATION ARE DUE:

Friday, January 18th, 2019 (1st Semester) and Friday, June 7th, 2019 (2nd Semester)

Please note: Students dismissed from ISPE cannot reapply again while a student is in the San Dieguito Union High School District.

Note— This is an example of a quarterly log. A total of 60 hours per semester is required.

DATE	DAY OF WEEK	DETAILS OF SPECIFIC INSTRUCTIONAL TIME	TIME IN	TIME OUT	HOURS	LOCATION
8/27/17	Wed	Jumping lesson	2:00	3:00	1 hr	Fairbanks Club
8/28/17	Thursday	Flat lesson	3:45	5:45	2hrs	Fairbanks Club
8/29/17	Friday	Jumping lesson	2:00	3:00	1hr	Fairbanks Club
8/30/17	Sat	Jumping lesson	8:30	10:30	2hrs	Fairbanks Club
9/2/17	Tuesday	Flat lesson	3:45	5:45	2hrs	Fairbanks Club
9/3/17	Wed	Jumping lesson	2:00	3:00	1 hr	Fairbanks Club
9/5/17	Friday	Jumping lesson	2:00	3:00	1hr	Fairbanks Club
9/6/17	Sat	Jumping lesson	8:30	10:30	2hrs	Fairbanks Club
Etc.....						Fairbanks Club
TOTAL HOURS (1st Quarter)					30 HRS (minimum)	

Instructions for the ISPE Self & Coach's Evaluations

Self-Evaluation:

When you applied for ISPE, you set some specific performance objectives for yourself. These were goals that you wanted to try to achieve in your sport/activity during the semester. Your job in the Self-Evaluation is to list those goals and to evaluate how well you have achieved the goals. You may want to also discuss what things you still need to work on with regard to each goal. You should discuss each goal in detail, explain what you have improved upon, and what things you still need to work on in order to achieve the goal. If you feel that you have completely achieved a goal, explain how you achieved it and then discuss new goals that you have set for your self.

Partial Example - Using Golf as an example:

Goal #1: By January, I want to lower my handicap by 3 strokes from an 82 to a 79.

Evaluation: I have succeeded in lowering my handicap by two strokes to an 80. My tee shots on par 4's and par 5's have improved significantly with my improved driving accuracy. I still need to work on improving my second and/or third shots in order to reach the green in regulation more consistently. My putting has been fairly consistent although I do need to improve my long putting accuracy in order to avoid three-putting. In order to completely achieve my goal in the future I will...

Self-Evaluation Guidelines:

- Approximately one page, typed, double-spaced in 12 point font
- Should show that you have invested significant thought into writing the evaluation
- Should address all of the goals that you set for yourself in your ISPE application
- Self-Evaluations will not be graded based upon whether the student actually met the goals discussed but rather on how much effort and thought was put into the Self-Evaluation itself
- The Self-Evaluation should include a signature from the student, a parent, and the coach indicating that all three parties have read the evaluation

Coach's Evaluation Guidelines:

- The Coach's Evaluation addresses the same topic as the Self-Evaluation in that the coach should provide a detailed evaluation of how well the student has achieved each of the goals that the student set for her/himself. It is exactly the same as the Self-Evaluation but the coach is the evaluator instead of the student.
- Approximately one page, typed, double-spaced in 12 point font
- Should show that the coach invested significant thought into writing the evaluation
- Should address all of the goals set by the student in the ISPE application
- The Coach's Evaluation should include a signature from the student, a parent, and the coach indicating that all three parties have read the evaluation