



ISPE Student/Parent Q&A Session

Tuesday, February 3, 2026

Wednesday, February, 25, 2026

Access the [website](#) for all updated
ISPE information.

Welcome!

- Thank You
- Introductions
- Community Partner Feedback

Information & Resources

General Program/Application Process Q&A

What is Independent Study PE?

Independent Study (IS) is a voluntary alternative instructional strategy for providing regular education. Students work independently, according to a written agreement, and under the general supervision of a credentialed teacher. Attendance in IS is based on the time value of the student's work product, as determined by the student's supervising teacher. Because IS is an alternative instructional strategy, not an alternative curriculum, students follow the same course of study and meet the same academic standards as classroom-based students. IS students must adhere to *EC* sections [51222](#), [51225.3](#), [51241](#), and [60800](#), the latter requiring all students in grades five, seven, and nine to be tested in the state's physical performance test (FITNESSGRAM®). Note: ISPE is offered at the option of the district, and not all districts offer this alternative instructional strategy.

The Process

- Virtual Application
 - Informed K12
- Coaches Application
 - PDF on ISPE website
 - To be completed and uploaded as a part of the student application
 - Coaches may make copies of required coaching certifications, liability insurance, & CPR/First Aid certification to streamlines the process for multiple athletes

ISPE Application Timeframe

SDUHSD ISPE 2026 TIMELINE	
SDUHSD ISPE Application Opens	Monday, February 9, 2026 @ 8:00 am
SDUHSD Application Submission	Digital Application (Preferred) Digital applications will be submitted via Informed K-12. All applications must be completed by the application close deadline to be considered. No email attachments will be considered. Hard-Copy Applications (As Needed) Hard-copy applications may be dropped off at SDUHSD District Office between the hours of 8:00 am - 4:30 pm. Individual school sites will not collect any ISPE applications/packets.
Parent Q&A Sessions - Virtual Only	Tuesday, February 3, 2026, 5:00 pm - 6:00 pm Wednesday, February 25, 2026, 5:00 pm - 6:00 pm
SDUHSD ISPE Application Closes	Friday, March 13, 2026 @ 4:00 pm All applications must be completed by the application close deadline to be considered. No email attachments will be considered. <i>Note: In the event that the ISPE Committee requests additional attachments after reviewing the initial application, those attachments are due no later than April 10, 2026 on Informed K-12. Incomplete applications after April 10, 2026 may be denied.</i>
SDUHSD ISPE Application Review Period	Monday, March 16, 2026 - Friday, March 27, 2026
SDUHSD ISPE Applicant Notification Period	Monday, March 23, 2026 - Friday, April 10, 2026 <i>Note: Conditional approval communication may begin as soon as March 23, 2026. Please note that SDUHSD is on Spring Break from March 30th - April 3, 2026.</i>
Questions or Concerns	Email: ispe@sduhsd.net or call (760) 753-6491

Athlete Qualifications

- **High School** applicants must demonstrate they are competing at a pre-Olympic or pre-professional level, as evidenced by a verifiable ranking organization and/or compared to other athletes or peers participating in the same sport or activity.
- **Middle School** applicants must demonstrate they are making progress toward the criteria listed above for High school applicants. Please see **San Dieguito** Example Sports for ISPE Consideration.

Athlete Documentation

- Current (most recent year) athletic documentation demonstrating student athlete participation at a pre-Olympic or pre-professional level (and above).
- Documents to show upcoming regional, state, or national competitions that the athlete is participating in within each semester.
- Documents to show current practice/training schedule.
 - The weekly schedule must include days, times & duration, instructor's name & contact information.
- If a student/parent wants to submit additional information for consideration, please attach it to the application to be reviewed by ISPE Committee.

The Student Experience

- An independent study course requires personal accountability and maturity.
- Students are responsible for maintaining their programs and keeping up with the communication between their individual coaches and their school's ISPE Coordinator.
- It is the student's responsibility to submit the requirements by the due date. Assignments include:
 - Well thought out personal goals as they will be working on them throughout the year.
 - Logs are maintained and submitted throughout the year which provide details of the skills that are practiced
 - Semester 1 and 2 Student and Coach Evaluations
- Students will have the opportunity to explore goals in alignment with the California Physical Education Standards. <http://www.cde.ca.gov/ci/pe/>.
- The students will be added to a Google Classroom where they can communicate with the AP and/or teacher who oversees the ISPE program at each school and turn in the course requirements throughout the year. The students are also always welcome to schedule a meeting to review any questions they may have.
- **Note: Students must make satisfactory progress in independent study programming or they may be returned to the classroom setting.**

Coach Information

- The off-campus instructor must meet specific district qualifications as outlined in the Instructor's Statement of Responsibility. Note: The coach may not be a parent of the student applying for ISPE
- All ISPE instructors/coaches are required to sign a Statement of Responsibility and Hold Harmless Agreement
- Instructors/Coaches must also carry Commercial General Liability of \$1 million dollars insurance for the activity in which they are giving instruction
- A one-page statement, personally written and signed by the ISPE coach/instructor, evaluating the student's semester participation and progress is required for the student to earn credit for the course
- **If a coach change occurs at any point, updated information will need to be submitted in advance of the change to the site ISPE Coordinator to ensure continued student eligibility in the ISPE program.**

ISPE Helpful Resources

- ISPE Website - sduhsd.net/ispe
- ISPE Frequently Asked Questions - [Middle School](#) & [High School](#)
- Contact Information
 - ispe@sduhsd.net
 - 760-753-6491

Thank you for being
here this evening!

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