

CAPISTRANO UNIFIED SCHOOL DISTRICT INDEPENDENT STUDY – PHYSICAL EDUCATION

REQUIREMENTS FOR INDEPENDENT PHYSICAL EDUCATION

Middle School

A student in grades 6-8 may earn one semester of physical education “credit” per semester. This credit is awarded on a credit / no credit basis (grade will not be included in the student’s cumulative GPA). Qualifying students must meet the following conditions at the time of submission:

- Students must take the California Physical Fitness Test (FITNESSGRAM) as part of Independent Study Physical Education. The FITNESSGRAM consists of the following areas which include (1) Aerobic Capacity, (2) Abdominal Strength and Endurance, (3) Trunk Extensor Strength and flexibility, (4) Upper Body Strength & Endurance, and (5) Flexibility. The California Physical Fitness Test is administered during the Spring in grades 5, 7, and 9. The Physical Fitness testing is done at the middle or high school where the student is enrolled for the remainder of their classes. (Education Code Section 60800)
- IPE is intended for pre-Olympic, Elite, or nationally ranked athletes competing in an Individual sport at the highest level. Competing in and ranking at a lower level does not qualify for IPE. If the individual sport is not listed and meets the District criteria for IPE (individual Olympic sport with a national ranking system where the student is generally in the top 10-15% nationally), an appeal can be submitted for consideration.
- Team sports are not eligible for participation.
- It is the responsibility of the parent/guardian to provide all ranking documentation to justify the qualification.

High School

A student in grades 9-10 is eligible for a maximum of 20 units (two years) of physical education credit via private instruction. This credit is awarded on a credit/no credit basis (grade will not be included in the student’s cumulative GPA). Qualifying students will meet the following conditions at the time of submission:

- Independent Study Physical Education Applications are not granted if the sport is currently offered at the high school of enrollment.
- For permissible Team Sports, all the criteria listed below must be met:
 - Membership has been earned through a competitive tryout
 - The team’s practice schedule is similar to the schedule of a high school sports team in season
 - The team’s typical schedule consists of multiple (minimum three per season) interstate competitions during the school year, and at least one of those is out of state **or** if the team has earned the right competitively to participate in national-level tournaments for the past two consecutive years.
- For permissible Individual Sports, the student competes at the national or Olympic level as determined by national athletic governing bodies.

Students who compete in events sanctioned by the United States Special Olympics or Paralympics governing bodies will be considered for approval based on their level of achievement in their respective sport, which is commensurate with the competitive levels outlined in this administrative regulation.

A grade for (IPE) will be calculated based on scores from the Online Physical Education Course (assignments, quizzes, tests, and exams). Also, sports activity hours are verified through the Activity Log. Verification is submitted monthly to the Online Instructor. This (can include practices and competitions). Failure to turn in monthly work samples will result in a grade penalty and possible removal from the Online IPE program.

Upon completion of annual paperwork according to stated timelines, up to 5 units of credit may be awarded for 18 weeks of scheduled activity.

Physical education credit via private instruction requires pre-approval by the principal or designee. If approved, the student shall be eligible for one fewer class than is the norm for the grade level.

It is the responsibility of the student to provide appropriate documentation, including confirmation of ranking, if applicable, schedule of competitions, and required hours of supervised practice under a qualified instructor. All other requirements of District Board Policy and Administrative Regulations regarding Independent Study-Physical Education shall apply.

Parents agree to supervise their student(s) during the time they would have been in a PE class. A shortened day is to be expected, not allowing for an additional course in the normal school day. Appeals of school decisions on acceptance of an Independent Study PE application can be made through the office of the Educational Services Department. Appeals should be placed within 7 days of the school decision and include supporting documentation. A District Study Team will consider appeals, and their decision **will** be final.

The following is a list of some of the national governing bodies (this is not an all-inclusive list):

Current National Registries

- **Diving:** The student must participate in the USA Diving West Spring Junior National Championships and qualify top 15 for the Summer Zone Championships. www.divemeets.com
- **Equestrian:** Must qualify for United States Equestrian Federation (USEF) rated shows and meet all membership and point requirements for each discipline entered. Must also have competed in a USEF-rated show prior to the application submission. www.usef.org
- **Fencing:** The student must be in the top 20 in the Y-12 and Y-14 divisions and the top 32 in the Y-17 (Cadet) and Y-20 (Junior) divisions as determined by www.usfencing.org/ at either the regional or national levels.
- **Golf:** The student must participate in the PGA of Southern California Junior tour and be ranked in the top 15% of singles players in Southern California in his/her age group. www.scpgajrtour.com
- **Gymnastics:** The student competes at USA Gymnastics Level 8-10 or Elite for gymnastics, tumbling, and trampoline at regional or national meet competitions. www.meetscoresonline.com
- **Ice Skating:** The student must pass the intermediate-level U.S. Figure Skating Tests (moves and freestyle). www.ocfsc.iwarp.com
- **Surfing:** The student must compete in the WSA Prime and/or the NSSA Open and is ranked in the top 25% of their age group. www.nssa.org
- **Swimming:** The student must post 3 Age Group Championship qualifying times; compete at the official Age Group Championship Summer Meet as an individual, not a relay member, and make it to the semi-finals in at least one event. Alternatively, qualifying times must be at a AAA ranking or higher; or three AA rankings across 3 events; or equivalent measure indicating top 20% status. www.usaswimming.org.

When Age Group Championship times are not available, please provide equivalent qualifying times and rankings with printouts showing “time standard” ranking. • **Tennis:** The student must be ranked 3-Star or better as determined by www.tennisrecruiting.net

- **Badminton:** Results posted by USA Badminton for USAB junior rankings at <http://www.teamusa.org/usa-badminton>
- **US Archery:** Results from nationally recognized events as reported at <http://www.teamusa.org/USA-Archery>
- **Dance:** The student must have placed in the top 10 at the national finals in group or solo divisions of the championship (top-level division) at a nationally recognized competition within the past 12 months prior to District application. The “top 10” is defined as placing first through tenth place, not the top 10 percent, of competitions. No regional competitions will be accepted. Companies sponsoring national finals, such as but not limited to, Showstoppers, Showbiz, Star Power, Starlight, KAR, and Tremaine, would qualify. Verification of that placement must be on the sponsoring competition letterhead to document placement and competition date and location. Additional certification from the competing studio that the student was a soloist or in a competition routine will also be needed.
- **Classical Ballet:** Students must have been accepted to a summer scholarship program through a nationally recognized ballet company, such as, but not limited to, American Ballet Theater, Joffrey Ballet, New York Ballet, San Francisco Ballet, Houston Ballet, Feld Ballet, or Alvin Alley, and meet criteria for Independent Study Dance. Verification of the student’s placement in these programs must be on the company’s letterhead. Participation in this summer program must be within the past 12 months of application.

Teams or team sports currently approved in this category are:

Synchronized Swimming

- The Meraquas of Irvine
- Riverside AQuettes
- Arctic Jewels (U.S. Synchronized Team Skating Club)

Rowing

- Newport Aquatics Rowing Club
- Newport Sea Base Rowing

Hockey

- Southern California Amateur Hockey Association
- South Coast Sabers (no longer exists)
- California Wave Hockey Club Bantam AAA
- OC Hockey Club (formerly Blackhawks Hockey Club Bantam AAA)
- Beach City Lightning
- LA Hockey
- Anaheim Lady Ducks AAA
- Huntington Beach High School Hockey
- Anaheim Ducks High School Hockey League
- Los Angeles Jr. Kings

CAPISTRANO UNIFIED SCHOOL DISTRICT

CALIFORNIA PHYSICAL EDUCATION STANDARDS

Please use the California State Standards listed below to help in creating your Individual Plan. An expanded list of the California Physical Education Standards can be found at <https://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>.

● **Grade Six**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance. ○
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

● **Grade Seven**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance. ○
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

● **Grade Eight**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance. ○
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

● **High School**

- Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Standard 3: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.