

Laguna Beach Unified School District
Independent Study – Physical Education

Application Forms
Deadline
Grade Reports

DEADLINE for turning in application for acceptance for Independent Study P.E. is two weeks prior to the start of the semester.

NO APPLICATION WILL BE ACCEPTED DURING THE SEMESTER

This packet contains:

- Individual Plan and Contract to be completed by parent, student and coach/ instructor.
- Please pay close attention to (a.) Evidence of Achievement – NO APPLICATION WILL BE ACCEPTED WITHOUT THIS LETTER. The Contract must be signed by the coach/instructor. Both the Individual Plan and Contract must be returned to the TMS/LBHS Counseling Office at least TWO WEEKS PRIOR TO THE FIRST DAY OF THE SEMESTER.
- Performance Evaluation Report and Activity Log to be turned in 5 days before the end of each grading period by the student to the Counseling Office. *There will be no reminder notice sent to the student.*

It is the responsibility of the student to turn in his/her Performance Evaluation Report at the end of each semester in order to receive a "P" with 5.00 credits on their report card and transcript. Failure to do so will result in an "F" posted on their report card and transcript. LATE REPORTS MAY NOT BE ACCEPTED.

**APPLICATION DEADLINE IS TWO (2) WEEKS PRIOR
TO THE START OF THE SEMESTER**

Laguna Beach Unified School District

INDEPENDENT STUDY - PHYSICAL EDUCATION REQUIREMENTS FOR

INDEPENDENT PHYSICAL EDUCATION

Independent Study - A student in grades 6-8 may earn one semester of physical education "credit" per semester and a student in grades 9-12 is eligible for a maximum of 20 units (two years) of physical education credit via private instruction. This credit is on a pass/fail basis, under either one of the following conditions at the time of submission:

1. If a middle or high school student is nationally ranked in an individual sport. This eligibility does not include members of a nationally ranked team.

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.diverneets.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 Western 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:** Student competes in the WSA Prime and/or the NSSA Open and is ranked in the top 25% of their age group. www.nassa.org
- **Swimming:** The student must post three Junior Olympic qualifying times and compete at the official Junior Olympic Summer meet as an individual, not a relay member, and make it to the semi-finals. www.usaswimming.org
- **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/usabadminton>

- **US Archery:** Results from nationally recognized events as reported at <http://www.teamusa.org/USA-Archery>
- **Cheer:** The student must have had his/her all-star team compete and place in the top 5 at nationals and/or world's finals in the level 5 divisions (level 5 restricted divisions will not be accepted), at a nationally recognized competition within the past 12 months prior to District application. The "top 5" is defined as placing first through fifth place, not top five percent, of competitions. No regional or invitational competitions will be accepted. Companies that provide partial bids, and paid bids to the world championships, such as but not limited to, United Spirit Association "USA", National Cheerleaders Association "NCA", Golden State Spirit Association "GSSA", and Universal Cheerleaders Association "UCA" 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 all-star gym where that the student competed as a level 5 athlete will also be needed.
- **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 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, Jeffrey 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.
- **Stand Up Paddle-board:** Students must be nationally ranked through Surfing America or SUP Racing. The website is <http://www.surfingamerica.org/>.

2. If a high school student is a member of a team in a sport not offered at the school,
- and if that membership has been earned through a competitive tryout,
 - and if the team's practice schedule is similar to the schedule of a high school sport team in season,
 - and if the team's typical schedule is comprised 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.

Teams or team sports currently approved in this category are:

- Synchronized Swimming
- Arctic Jewels (U.S. Synchronized Team Skating Club)
- Crew and Rowing
- Southern California Amateur Hockey Association

All students must participate in at least 10 hours of practice/activities per week under the supervision of a qualified instructor, not including competitions or performances.

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 LBUSD Board Policy and Administrative Regulations regarding Independent Study-Physical Education shall apply.

Appeals of school decisions on acceptance of an Independent Study PE application can be made through the office of the Assistant Superintendent of Instructional Services. Appeals should be placed within seven days of the school decision and include supporting documentation. The Assistant Superintendent of Instructional Services will consider appeals and his/her decision **will** be final.

Laguna Beach 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 <http://www.cde.ca.gov/ci/pe/>

- **Grade Six**

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

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

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

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

LAGUNA BEACH UNIFIED SCHOOL DISTRICT

INDEPENDENT STUDY - PHYSICAL EDUCATION

INDIVIDUAL PLAN

(to be completed by the parent/guardian, coach/instructor, and student)

Student's Name _____ Telephone Number _____

Address _____

School Year _____ Semester: Fall Spring School _____

Sport/Activity _____

Name of Coach/Instructor _____

Group/Club Affiliation _____

This Independent Study - Physical Education Program applies to students in grades 6-12 who have demonstrated a level of expertise that places the student on at least a national or Olympic track within the last 12 months. Verification of the applicant's abilities or achievements is required.

a. Evidence of Achievement: Please attach to this document a statement on official letterhead identifying the classification levels of the governing body and where the student ranks within those levels and a printout from the national governing body showing the student's ranking.

b. Statement of Reason(s) for Requesting Independent Study - Physical Education:

c. Please list a minimum of three mid-semester goals which are aligned with the *California Physical Education Standards* (attached):

d. Please list a minimum of three semester-end goals which are aligned with the *California Physical Education Standards* (attached):

e. Statement of daily activities by which the student will achieve the mid-semester and semester-end goals:

Name of coach, trained specialist, instructor: _____

Title: _____

Describe Credentials/Qualifications: (Also, attach a resume for the instructor)

Plan completed by _____ Date _____

Student's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Coach/Instructor Signature _____ Date _____

Plan approved by Principal/Assistant Principal _____ Yes _____ No

Signature of Principal/Assistant Principal _____ Date _____

Please Retain a Copy for Your Records

LAGUNA BEACH UNIFIED SCHOOL DISTRICT

INDEPENDENT STUDY - PHYSICAL EDUCATION

CONTRACT

Student _____ Date _____

School _____ Grade _____

Sport/Activity _____ Group Affiliation _____

The above-named student has requested the opportunity to participate in a physical activity as an alternative to a regular physical education class or program. The following are terms of this Contract:

1. The student applicant is enrolled in grades 6-12 in the Laguna Beach Unified School District.
2. The student applicant agrees to meet all terms of this Contract, the student's Individual Plan, and the policy, regulations, and procedures of the Laguna Beach Unified School District.
3. The student applicant agrees that the failure on the part of the applicant, applicant's parents, coach, instructor, or trained specialist to meet any terms of the Contract and the applicant's Individual Plan may result in the termination of this Contract.
4. All students must participate in at least 10 hours of practice/activities per week under the supervision of a qualified instructor, not including competitions or performances.

We have read and agree with the conditions within this Contract.

Parent/Guardian Signature _____ Date _____

Applicant Signature _____ Date _____

Coach/Instructor Signature _____ Date _____

Principal or Designee Signature _____ Date _____

RELEASE OF LIABILITY AND WAIVER OF CLAIMS PRIVATE INSTRUCTION IN PHYSICAL EDUCATION

I, having legal custody and authority, do hereby grant permission for the student listed above to participate in private instruction in physical education as describe in the accompanying documents. I understand that this program is not conducted by, or supervised by, any employee, agent or representative of the Laguna Beach Unified School District. I hereby waive all claims against the District, its agents or representatives, the County of Orange, and the State of California for injury, accident, illness, or death occurring during, or by reason of, this activity or while in transit.

Signature of Parent/Guardian _____ Date _____

Laguna Beach Unified School District Policy prohibits any person from participating in Private Instruction in Physical Education without proper completion and execution of this Contract.

Failure to meet these terms may result in forfeiture of the privilege of the program.

Please Retain a Copy for Your Records

LAGUNA BEACH UNIFIED SCHOOL DISTRICT

INDEPENDENT STUDY – PHYSICAL EDUCATION

PERFORMANCE EVALUATION REPORT

Student _____ Date _____

School _____ Grade _____

Sport/Activity _____ Governing Body _____

Grade/Hours Verification: I certify that the above student has received _____ hours of instruction time between the dates of _____ and _____. This instruction time meets or exceeds the time requirements established in law and/or district policy.

Grade Issued: Pass Fail

Has this evaluation been discussed with the student and parents? Yes No

Please address the student's performance in each of the following areas; be as complete and specific as possible.

1. Describe the student's progress toward successful completion of mid-semester and semester-end goals aligned with the California Physical Education Standards:

2. The student's work and effort during the evaluation period have been (please check one):

Outstanding Satisfactory Need Improvement Unsatisfactory

Additional Comments: _____

Coach/Instructor _____ Date _____

Coach/Instructor Signature _____

*Must be submitted 5 days before the end of each grading period.
Missing or late evaluations may result in forfeiture of the privilege of the program.*

Please Retain a Copy for Your Records

