SAN DIEGO JEWISH ACADEMY
INDEPENDENT STUDY PHYSICAL EDUCATION
INFORMATION SHEET

Thank you for your interest in the Independent Study Physical Education (I.S.P.E.) program. We support and appreciate after-school activities, and we encourage students to participate in them. For the most part, however, these outside sports do not take the place of the regular physical education class, which offers an introduction to diverse sporting activities in the context of a cooperative classroom environment. Students are encouraged to participate in the on-campus physical education program.

The I.S.P.E. program at the SDJA is designed with two goals:

1. To provide exceptionally gifted athletes who are competing at a regional, state or national level with in-depth opportunities.

2. To provide students who wish to pursue an in-depth study of an athletic discipline not offered as part of the SDJA curriculum the opportunity to do so and earn SDJA credit.

The I.S.P.E. program offers a unique enrichment experience for qualifying students. Because the I.S.P.E. takes place beyond the confines of the SDJA curriculum, it is the student's responsibility to ensure that all assignments are complete, and all requirements are met in a timely fashion. Students participating in the I.S.P.E. program at the SDJA will not earn a letter grade. Instead, a credit or no credit grade will be posted to the student's transcript. If at any time a student in the I.S.P.E. program fails to meet the requirements, the student will be dropped from the program and no credit will be given. If a student is late to submit any requirements, course credit may not be granted or the I.S.P.E. may be terminated for that student.

STUDENT CRITERIA FOR PARTICIPATION

1. I.S.P.E. is available for high school students only.

2. To apply for the program, students must complete the I.S.P.E. application packet, including the following:

    - Student Application Form
    - Student Proposal Form
    - Instructor Form

3. Students participating in any after school sports activity at the SDJA are not eligible for the I.S.P.E. program.

4. Students may not participate in I.S.P.E. for a sport if the SDJA offers an after school program for that sport in the given academic year. For example, students may not participate in I.S.P.E. for basketball in a year when the SDJA has an after school basketball program.

5. Students wishing to participate in I.S.P.E. must demonstrate an exceptional degree of devotion in the subject activity.

- Example 1: Students participating in competitive sports must demonstrate evidence of active competition, such as ranking or tournament participation. For example, a student participating in a tennis I.S.P.E. must be ranked nationally or within the top 35 in Southern California. A student participating in a karate I.S.P.E. must demonstrate not only regular training and practice but also participation in matches.
- Example 2: Students participating in non-competitive sports must submit a "portfolio" to demonstrate extraordinary levels of performance in the subject activity.

6. The student's instructor must meet the following qualifications:

    - Be at least 21 years of age.
    - Have a certificate of credential in the subject activity, or have participated in the subject activity at a competitive level for at least 4 years.
    - Be willing to **personally** instruct the athlete for a minimum of 8 hours per week.
    - Be willing to **personally** sign the athlete's time logs every other week.

7. Students must participate in the I.S.P.E. during the school year concurrent with the SDJA semester schedule. If the student wishes to continue in the I.S.P.E. after the completion of one semester, the student must submit a letter requesting re-enrollment.

8. Students may not participate in I.S.P.E. to make up for a regular physical education class that was failed.

COURSE REQUIREMENTS

Students who apply and qualify for the I.S.P.E. program must fulfill the following requirements in order to earn credit for participation.

1. Participants must submit a log **every other Friday** indicating the days and hours of instruction for the prior two-week period. The student, the instructor and a parent or guardian must sign the log.

2. Participants must submit a two-page, typed, double-spaced paper **on the Wednesday of the last week of the semester**. The paper must discuss: (a) the student's evaluation of his/her success in attaining the stated goals and objectives, (b) the student's future goals if the student intends to continue the same activity for an additional semester, and (c) the general experience of participation in I.S.P.E.

3. The participant's I.S.P.E instructor must submit a one-page statement, personally written and signed by the I.S.P.E. instructor **on the Wednesday of the last week of the semester**. The paper must evaluate the student's participation and progress throughout the semester.

SAN DIEGO JEWISH ACADEMY
INDEPENDENT STUDY PHYSICAL EDUCATION
STUDENT APPLICATION FORM

I _____GRADE _____ will be instructed and supervised by
(print) Last name first

NAME_____TITLE_____

ADDRESS_____
City zip

TELEPHONE (home)_____(work)_____

I agree to:

1. Have my instructor complete the instructor form provided by the SDJA supporting my participation in a physical activity in place of the SDJA's athletic and physical education program. (Use the attached Instructor's Form)

2. Write a proposal describing the activity I plan to pursue during this grading period. (Use the attached Student Proposal Form)

3. Submit a Student Activity Log promptly every other Friday during the semester.

4. Meet the minimum requirement of eight hours of participation per week in a supervised activity. My instructor will record my time, and I will submit the Instructor's Form to my faculty supervisor promptly at the end of each grading period.

If at any time I fail to meet the requirements of I.S.P.E., I understand that I will be withdrawn from I.S.P.E. and no credit will be given. If I am late to submit any requirements, course credit may not be granted. If I repeatedly submit required documents late my I.S.P.E. will be terminated with no credit given.

Student's Signature_____Date_____

The parent or guardian assumes all liability and any cost for Independent Physical Education activities.

Parent or Guardian Signature_____Date_____

Parent or Guardian print name_____

Please return this form to the Athletic Director or Athletic Department. A copy will be returned to the student after consideration is complete.

Approved _____ Not Approved _____ Date _____

Reason: _____(0ver Please)

SAN DIEGO JEWISH ACADEMY
INDEPENDENT STUDY PHYSICAL EDUCATION
STUDENT PROPOSAL FORM

NAME_____GRADE_____DATE_____

PROPOSED ACTIVITY_____

Please write 2-3 paragraphs defending your proposal in the space provided below. Estimate the hours per week you will spend, and how you will meet your cardiovascular, strength, and flexibility fitness needs. List some specific goals you plan to work towards. BE SPECIFIC!

SAN DIEGO JEWISH ACADEMY
INDEPENDENT STUDY PHYSICAL EDUCATION
INDEPENDENT STUDY SCHEDULE

STUDENT NAME _____GRADE _____

DATE **AMOUNT OF HOURS STUDIED**

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_____ _____
COACH SIGNATURE **DATE**

_____ _____
PARENT/GUARDIAN SIGNATURE **DATE**

This form needs to be completed and handed in to the Athletic Department every two weeks. A new blank sheet will be issued when this form is handed in.

Participants must submit a log **every other Friday** indicating the days and hours of instruction for the prior two-week period. The student, the instructor and a parent or guardian must sign the log.

Participants must submit a two-page, typed, double-spaced paper **on the Wednesday of the last week of the semester**. The paper must discuss: (a) the student's evaluation of his/her success in attaining the stated goals and objectives, and (c) the general experience of participation in I.S.P.E.

The participant's I.S.P.E instructor must submit a one-page statement, personally written and signed by the I.S.P.E. instructor **on the Wednesday of the last week of the semester**. The paper must evaluate the student's participation and progress throughout the semester.

If at any time a student in the I.S.P.E. program fails to meet the requirements, the student will be dropped from the program and no credit will be given. If a student is late to submit any requirements, course credit may not be granted or the I.S.P.E. may be terminated for that student.

SAN DIEGO JEWISH ACADEMY
INDEPENDENT STUDY PHYSICAL EDUCATION

INSTRUCTOR FORM

STUDENT'S NAME _____

PROPOSED ACTIVITY_____

INSTRUCTOR'S NAME_____

INSTRUCTOR'S TITLE_____

QUALIFICATIONS:

1. I am at least 21 years of age.
2. I have a certificate of credential in this activity, or have participated at a competitive level in the subject activity for at least 4 years.
3. I will **personally** instruct this athlete for a minimum of 8 hours per week.
4. I will **personally** sign the athlete's time logs every other week.

Please write 1-2 paragraphs supporting this activity as a substitute for participation in the San Diego Jewish Academy's physical education/athletic program. List your goals for this student, and some of the ways you will work together to achieve these goals.

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By signing below, I am indicating that I meet the above requirements and my willingness to instruct the above student throughout the semester with no financial compensation given to the instructor on the SDJA's behalf.

Instructor's Signature_____ Date _____