

ISPE & PE Options for TPHS Music Students

2019-2020

- ✓ ISPE applications must be submitted online during the application window (usually mid-April through early June)
- ✓ ISPE Forms A, B, C and the Liability Insurance Certificate must be mailed to the district office and received during the application window
- ✓ Allow ample time to complete the application with your coach
- ✓ Please visit the [DISTRICT ISPE WEBSITE](#) for due dates and complete instructions
- ✓ Contact tphs.music.boosters@gmail.com with any questions or problems
- ✓ Visit www.torreypinesmusic.com to view a PDF of this instruction sheet

Music Students Have Three Options to Satisfy the PE Requirement

Two years (20 credits) of PE are required to graduate

1. You may take PE during the school day as one of your seven classes.
2. You may take 8th Period ISPE (Independent Study Physical Education) in addition to 7 classes during the school day. This type of ISPE is available only to music students. All students in all music classes are eligible for 8th Period ISPE. Music students qualify for ISPE because of impacted schedules. No special athletic ability is required. Eighth period ISPE occurs outside of the school day in an organized physical fitness program or with a coach of your choosing.
3. You may earn up to 20 PE credits for certain CIF team sports in grades 10-12. One season will earn credit for one semester of PE. You are allowed credit for two sports per year. Some sports are no cut or almost no cut, so most students are welcome to participate. Current no cut sports (subject to change) include water polo (basic swimming ability required), cross country, and track. Athletic PE Credit Form, list of eligible sports, and application due dates are available at <https://sites.google.com/a/sduhsd.net/tpathletics/information/athletic-pe-credit-form>

Music Students Have Two Options to Satisfy the Health Requirement

1. Take Year One P.E. (includes Health) in 9th grade.
2. Ninth graders taking 8th Period ISPE must take the SDUHSD Summer Online Health Program the summer before 9th grade. Visit the [Online Health Curriculum](#) for information. All students who apply for ISPE will be notified after June 1 of the date of mandatory meeting. The meeting is usually the first week of June. You will get the contract to apply at the meeting. Deadline to apply is usually mid-June. Online Health class runs from late June to late July and must be completed within those dates.

Signing Up for 8th Period ISPE Step 1: Course Registration

You must also apply through the district to take ISPE (steps 2 & 3 below)

1. Sign up for seven classes including music. 8th Period ISPE is not on the Course Offerings sheet. Do NOT sign up for any of the ISPE classes on the Course Offerings sheet (these are NOT 8th Period ISPE).
2. On your hard copy Course Worksheet write "I PLAN TO TAKE 8th PERIOD ISPE FOR MUSIC STUDENTS."
3. Your schedule will be modified to add 8th Period ISPE after your ISPE application is approved.
4. You will be notified if your application is not approved. If approved, 8th Period ISPE should be on your class schedule. If it isn't on your schedule, see your counselor. If your counselor does not correct your schedule, email tphs.music.boosters@gmail.com.

Signing Up for 8th Period ISPE Step 2: Choosing a Fitness Program or Coach

There are three options

1. You can do an organized activity (perhaps one you already do) such as karate, taekwondo, private tennis lessons, gymnastics, swim team, equestrian, competitive dance, or ice skating. Many other sports also qualify. Programs that qualify have to be individualized so that individual progress can be monitored. For example, private tennis lessons qualify but tennis league or group volleyball lessons do not. Competitive team sports and CIF school sports do not qualify. Some private teams offer individual practice to accommodate ISPE requirements. Ask your team if they can coach ISPE for you.
2. You can do a general fitness program such as [The Boys & Girls Club Teen Health & Wellness Program](#)
3. You can have an accredited coach with the required liability coverage supervise an independent personal fitness program for you. It's up to you and the coach when this takes place. (Coaches may choose to assign homework to fulfill a portion of required minutes.)

NOTE: You cannot split your ISPE between two or more activities or change activities mid-year.

Signing Up for 8th Period ISPE Step 3: Applying for ISPE

1. Fill out the [ISPE Online Contract](#) and submit it during the application window.
2. Choose your coach or fitness program prior to filling out the application.
3. Read and follow all instructions carefully as only complete applications are accepted.
4. Print a copy of the application for your records.
5. Print Forms A, B, C, and the Insurance Certificate, fill them out, get parent and coach signatures. These must be mailed to the district and received during the application window.

How to Answer Questions on the ISPE Online Contract:

- ***What period Would You Like to Schedule Your ISPE Class?***
Select: Torrey Pines Period 8. If Torrey Pines Period 8 is not listed among the choices, select any of the Torrey Pines options listed. If this question is missing, don't worry. Your schedule will be modified later to place you in period 8. If your schedule is wrong, email the boosters for help at tphs.music.boosters@gmail.com.
- ***Length of Contract***
Select: Year
- ***Under which criteria is the student requesting ISPE? Please note that 4 and 5 require eligibility/documentation.***
Select: #4 Has an impacted class schedule due to specialized academic program or a specialized elective that they need during the regular school day which precludes taking a regularly scheduled PE class.
- ***In what activity will the student be participating?***
For a general fitness program, enter Fitness Training Program
- ***Please explain how the program you will attend can "achieve different results" than what the district PE course offers. Use this section to differentiate what the student will do versus what we offer (ISPE requirement #2)***
The district will only approve activities that are different from school PE classes.
Here is a sample answer for a general fitness program:
The specialized equipment and personalized curriculum in this fitness class will help me to achieve my fitness goals for this year. Small group workouts with weights, heavy ropes, resistance bands, and medicine balls will help me to increase my max reps in upper body and core work categories. Obstacle and agility course tests, using speed ladders, agility reaction belts, hurdles and lateral resistor bands will help me to learn stability in movement and to maintain appropriately athletic positions. Quick reaction balls and timed reactionary movement challenges will help to improve my reaction time. The personal workout plan that I will design

throughout the year will allow me to assess my progress relative to my goals, and apply them to lifelong health activities.

- ***Students in grade 7 and 9: if approved for ISPE next year, student agrees to take the CA Physical Fitness Test (PFT) at school in the spring. Student understands that he or she MUST take the CA PFT in grade 7 or 9 to be eligible for ISPE again in grade 8 or 10.***
Select: I agree to take the required CA PFT next year.
- ***In the past, a significantly higher percentage of students in ISPE do not pass the required CA PFT than the students in general PE class. Will the student's activity/program prepare him or her for the PFT in the spring?***
Select: I acknowledge my program will prepare me to pass the PFT. **OR** Student will not be in grade 7 or 9 next year.
- ***PE Credit for Athletics: A student must pass five of the six components of the CA PFT to be eligible to earn PE Credit for Athletics in grade 10-12.***
Select: I acknowledge that I understand a student must pass 5 out of 6 sections of PFT to be eligible for PE Credit for Athletics.
- ***Length of ISPE Contract: High schools students have the option to choose fall only, spring only, or both (year).***
Select: Year
- ***Grade 9: I am aware that I must register for and complete the online health class offered through SDUHSD in the summer. Failure to complete the health course in summer will result in removal from ISPE and placement in Year One PE.***
Select: I agree to enroll and complete the required SDUHSD health course. (Current TP students select: I have already completed the required health curriculum)
- ***Goals: Document the 5 goals that you and your coach came up with for this year. These goals need to be specific and highlight why you should qualify for ISPE. Use times, weights, distances, etc. and include the machines/tools you will use to improve your physical fitness. A good example is a student who swims. A specific goal would be to "lower 2 kilometer sprint time from 8 minutes to 6 minutes." An example of an unacceptable goal is "listening to my coach."***

ISPE Requirement #2 states: "The ISPE courses must develop proficiency, knowledge, and skills that cannot be achieved within the in-school PE program." The district will only approve activities that are different from school PE classes (both general PE and other PE classes such as Weight Training). Your description of your goals will provide the evidence that your program meets this requirement. Goals should be specific and individualized to each student. Ask your coach to help you develop goals. General goals such as "speed and agility" must include specific goals like "reduce my 40 yard dash time to below 7 seconds" and list specific training activities and equipment you will use.

Sample goals for a general fitness program:

Goal #1:

To improve core fitness I will *[insert specific goal]* using calisthenics, medicine ball work, light weights, and stretching. This goal will be measured by performance on timed curl up and plank tests.

Goal #2:

To improve and strengthen cardiovascular health I will *[insert specific goal]* through short and medium distance running, and interval training. This goal will be measured by tracking heart rate, VO2 max and timed tests on the mile run and PACER.

Goal #3:

To gain speed and agility I will *[insert specific goal]* by using parachute training, obstacle courses, and cone drills. This goal will be measured by repeat tests on the 50m dash and shuttle run.

Goal #4:

To improve flexibility and balance I will *[insert specific goal]* by using stretching and warmup routines, yoga ball, and resistance bands. This goal will be measured by the sit and reach test, and timed balance challenges.

Goal #5:

To increase body knowledge and improve lifelong health I will *[insert specific goal]* through study of muscle groups and body systems, practice of proper training and recovery practices, learning correlation between nutrition and energy, and designing a personalized workout.

Summary of 8th Period ISPE Requirements

See the complete ISPE Requirements on the [district ISPE webpage](#)

- Student will attend a mandatory meeting the first week of school.
- Must complete 400 minutes every 2 weeks when school is in session.
- Instructors/coaches must carry 1 million dollars Commercial General Liability insurance.
- Music ISPE cannot take place on SDUHSD property.
- Second semester 9th grade ISPE students must participate in state-mandated physical fitness test. It is the student's responsibility to find out when the test will occur. If you do not receive notification, contact the AP in charge of ISPE. The test is usually in late spring.
- ISPE logs are submitted online each quarter.
- Student and coach evaluations are due one time per semester.
- Students must attend the mandatory ISPE meeting at the beginning of the school year.
- ISPE is Pass/Fail.

This document was produced by Torrey Pines High School Music Boosters. Every effort has been made to include accurate information. This information has not been reviewed by the SDUHSD or any of its representatives. The information in this document is for the use of TPHS current and incoming music student families only.