

INDEPENDENT STUDY PHYSICAL EDUCATION

Physical Education

We believe that all students benefit from participating in physical education that is provided through a comprehensive standards aligned program that integrates physical fitness into the broad range of activities that students enjoy. Quality physical education programs help all students develop health-related fitness, physical competence, cognitive understanding, and positive attitudes about physical activity, so that they can adopt healthy and physically active lifestyles. With high-quality physical education instruction, students become confident, independent, self-controlled, and resilient; develop positive social skills; set and strive for personal, achievable goals; learn to assume leadership; cooperate with others; accept responsibility for their own behavior; and, ultimately, improve their academic performance.

In order to provide students with educational opportunities that are accessible through independent study physical education instruction, the following are the guidelines for implementation:

1. All students requesting to participate in independent study physical education opportunities must be enrolled in grades 6-12. Students in grades 1-5 will not be eligible for independent study PE. Students in grades 6-8 and 9-12 will continue with current criteria as outlined in the school application.
2. The student and his/her parent shall complete the District application form and must obtain school designee and/or committee approval prior to participation in independent study PE with a District approved contract.
3. The Independent Study Physical Education committee for grades 6-8, will be comprised of the Director of Student Services, union leadership representation, middle school site administrators/designees and physical education teachers.
4. If the Independent Study Physical Education application is denied, an appeal may be made by submitting a letter to the SMMUSD Director of Curriculum and Instruction. Written appeals must be placed within seven (7) days of the decision and must include supporting documentation. All appeal decisions are final.
5. The organizations or athletic coaches that provides the independent study PE instruction of the particular sport or athletic training shall be certified under the respective governing organizations.
6. These organizations or athletic coaches shall be provided with the state approved grade level PE content standards with the expectations that the coach/instructor will incorporate the content standards in the sports program the students are participating in the independent study PE.
7. The organizations or athletic coaches that provide the independent study PE instruction of the particular sport or athletic training shall submit to the school the independent study PE's course of study based on the proposed schedule including learning activities.
8. The participating students shall maintain a written schedule/log documenting weekly participation in the learning activities and submit it to the school administration by the

deadline specified in the written contract/application in order to receive grade and credits. The schedule/log shall include weekly dates and times of learning activities and a brief description of the activities that have been successfully completed.

9. The students who participate in Independent Study PE shall receive a grade of "P" for "pass" if they have completed satisfactorily the required program and fulfilled the instructional minutes requirements. The organizations or athletic coaches shall certify as such. The high schools, in accordance with the District's policies, shall grant credits earned.
10. Failure to comply with the District requirements regarding independent study PE shall render the student ineligible to receive any grade, credit, or recognition of participation in physical education. Furthermore, students may not participate in independent study PE the following year.
11. The school designee and/or committee shall evaluate the quality and effectiveness of the independent study PE annually at each site and recommend for continuance.