

ISPE for Music in SDUHSD

Frequently Asked Questions

What is ISPE for Music?

ISPE stands for “Independent Study PE”. The program was originally designed for very athletic kids (think gymnasts, etc.) who do so much sport after school that they don’t need PE. The program has been adapted for Music students who want to take their PE privately so that they can take a music class and still preserve another elective (for Spanish, Art, etc).

Why is this option available for Music students?

Historically, schools had marching bands, which fulfilled the PE requirement. So they were able to count the marching as their PE activity and do music at the same time. As marching bands were eliminated from most district schools, students found themselves now having to take PE and therefore having an “impacted schedule” if they wanted Music plus another elective. So, the District gave Music students the option of joining the ISPE program, even though they may not fit the usual case of being involved in a very strenuous athletic program.

Does my child have to take ISPE to take Music?

No! Your child can take regular school PE and take music as an elective. Your child would *only* take ISPE if he or she also wanted to take another elective in addition to music (Art, Spanish, etc.)

What activities can and can’t be taken for “ISPE”?

The general rule is that an activity must be an *individual* activity, not a *team* activity. So, things like club soccer, baseball, etc. are not allowed. Individual activities, like a personal fitness program, gymnastics, martial arts, swimming, tennis, dance, etc. are allowed. Now this gets into some gray areas, as you can have a swim team or a swim program, so where does this fit? Bottom line... the District will make the call about whether your activity qualifies. The easiest thing is to pick a program where the provider is already approved by the District for ISPE. See Appendix 2 for a list of providers that current students are using for their ISPE.

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Is this program available for other students who want two electives?

No, it is only available for Music students. Kids who take ISPE have the option of a “seventh” class for music, but not for any other elective (Art, Spanish, etc.) If ISPE kids are not in music, then they simply have a free period 1 or 6 in their schedule.

How do I sign up for this option?

First of all, you need to be in the current “Application Window” for ISPE. (If you are applying for Spring, the application window opens in late November. For Fall it opens in late August.) To find out about the application window, go to the website link:

<http://sduhsd.net/Parents--Students/Independent-Study-PE/index.html>

If you are in the correct date window, you can register online. See Appendix 1 for step-by-step instructions.

What is required for a program provider to be approved by the District?

As stated previously, the easiest thing is probably to pick a provider who is already approved by the District. (See Appendix 2.) But if your child is interested in an activity that you think might qualify, and you have a coach who is willing to work within the ISPE guidelines, here is the list of things the coach must do/have.

- The coach must be an “accredited” coach or coaching organization with a \$1 million liability policy.
- The State of California requires completion of 400 minutes of fitness every two weeks while enrolled in I.S.P.E. and school is in session. (Not required over Thanksgiving, Winter, or Spring Breaks.) So, the coach must offer a program that will account for that amount of activity.
- The coach will have to help the student establish goals and then the coach (at the end of each semester) must complete a report on how the student did meeting the goals.

How is the IPSE graded?

ISPE is a pass/fail course. Students establish goals (during the registration process) and keep logs of their time spent in ISPE. Twice during the semester the students submit their logs (via online process) and at the end of the semester, both the student and the coach write up a brief report that is also submitted online. If the number of minutes are met, and the reports are all submitted correctly and on time, the student passes the course and gets PE credit.

This document has been produced by the Music Boosters at Earl Warren. Every effort has been made to include accurate information. This document has not been reviewed or approved by the District and is not an “official” school document. Thanks to coaches and parents who helped with this document.

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Appendix 1: Step by step directions for the application process.

There are two parts: First, you complete the online application. Then, you compile needed forms and turn the actual paper forms into the Assistant Vice Principal, who is the ISPE coordinator at EWMS.

Before you complete the online process, you need to know the following:

- Your student's ID number (from student ID card, Aeries, or the counseling office).
- The business name, address, phone, email for your coach/provider.
- The address where instruction takes place.
- The goals (work this out with your coach/provider).
- How the kids are evaluated (work this out with your coach/provider).

PART 1: Completing the online application.

If you have this information handy, the actual online process is fairly easy, and is described below:

1. Go to this link:
<http://sduhsd.net/Parents--Students/Independent-Study-PE/index.html>
2. On your right, you will see a link for the online selection contract. Click here to begin the process.
3. When you get about halfway through, it will ask for information about the independent PE provider.
Activity:
Teacher name: (see also Appendix 2 for a list of providers, if you do not have one)
Phone:
Email:
Business name:
Address:
Location of Formal Instruction:
Method of Evaluation:
4. Choose the criteria for being accepted for ISPE. For music students, you will choose "3" for "impacted schedule".
5. State goals and how they will be achieved. Your coach and child should agree on goals. Below are some SAMPLE goals to give you an idea, but you and your coach will work out the specific goals.

SAMPLE GOALS:

- To improve core fitness

HOW: calisthenics, medicine ball work, light weights, stretching.

This goal will be measured by performance on timed curl up and plank tests.

- To improve and strengthen cardiovascular health

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HOW: Short and medium distance running, interval training. This goal will be measured by tracking heart rate, VO2 max and timed tests on the mile run and PACER.

- To gain speed through activity

HOW: Parachute training, obstacle courses, cone drills. This goal will be measured by repeat tests on the 50m dash and shuttle run.

- To improve flexibility and balance

HOW- stretching and warmup routines, yoga ball, resistance bands. This goal will be measured by the sit and reach test, and timed balance challenges.

-To increase body knowledge and improve lifelong health

HOW- study of muscle groups and body systems, practice of proper training and recovery practices, Learning correlation between nutrition and energy, designing a personalized workout.

Once you have completed the online form, print a copy for your records.

PART 2: Turning in the required forms.

The following forms can be downloaded from the District website (see link above in part 1). They must be complete (paper- not online), signed, etc. Once you have the forms together, you turn them into the EWMS Vice Principal.

Form A: Instructor's Statement of Responsibility

Form B: Hold Harmless Agreement

Form C: Parent Release of Liability

Insurance Certificate (the provider will give this to you)

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Appendix 2: ISPE Providers

This is by no means a complete list, and is only provided as a starting point for parents trying to locate a program. These are providers that we know about and are currently working as ISPE providers for music students, but there may be many others that we just haven't heard about or who may qualify as ISPE providers.

<i>Provider</i>	<i>Location/hours</i>	<i>Coach/Contact</i>	<i>Comments from Parents</i>
Boys' and Girls Club, Griset Branch	On campus at Oak Crest MS; meets Weds. and Fri. after school from 2:30-4pm.	Davion Sarver dsarver@positiveplacesd.com	This is the easiest option for Oak Crest students
Save the Arts PE (STAPE)	Carmel Creek Park. Monday and Thurs 3:20 – 5:00 (Might add location closer to EWMS if we get at least 5 kids.)	Ian Philip. spiderian@hotmail.com	Very good general fitness program. Lots of variety. Great coach. Familiar with paperwork.
Boy's and Girls Club Rancho San Dieguito Swim Team	B&G Club next to EWMS. 3-4 days a week after school + weekend swim meets	Contact Boys and Girls Club, Solana Beach	Coaches are familiar with paperwork.
West Coast Martial Arts Academy	451 Encinitas Blvd, Encinitas, CA	http://www.wcmaasd.com	They have had ISPE students
Church's Martial Arts	Carmel Valley and Encinitas	www.churchsmartialarts.com Trish Church.	Good program. Knows ISPE program.
American Family Martial Arts	124 Lomas Santa Fe Dr #106 Solana Beach, CA 92075	Stephanie Zeno (858) 793-5425	They have ISPE students and know the program
Performing Arts Workshop (ballet)	681 Encinitas Blvd Suite 309, Encinitas, CA	http://www.dancepaw.com	They have many ISPE students and know the program

If none of these are good options for you, you can ask around:

- Boy's & Girl's Club

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- YMCA
- Fitness Clubs
- Dance Studios
- Ice Skating Rink
- Equestrian Center