



**2025-2026**

**Independent Study Physical Education (ISPE)  
Application for Grades 6-8**

**Overview**

We in the Santa Monica-Malibu Unified School District (SMMUSD) believe that all students benefit from participating in physical education that is provided through a comprehensive standard 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. (AR 6158.1)

The purpose of the Santa Monica-Malibu Unified School District Independent Study Physical Education (ISPE) program is to provide an alternative to the regular physical education or athletics program, while remaining consistent with the SMMUSD course of study, our SMMUSD Board policy and administrative regulation, and the California State Physical Education Framework for physical education. ISPE is an instructional strategy for delivering California's standards-based, grade-level content; not an alternative curriculum, and is expected to be equal in quality to classroom instruction. EC Section 51745(a)(3). Since ISPE is an alternative instructional strategy, not an alternative curriculum, students follow the same course of study and meet the same academic standards as classroom-based students. ISPE affords students the opportunity to extend physical education learning activities beyond the school campus and regular school hours. ISPE allows the student advanced study in activities not normally available in the District's physical education program. ISPE is available for eligible students grades 6th-8th. Site administrators authorize, supervise and monitor all aspects of ISPE.

Students who participate in ISPE are engaged in advanced levels of competition through demanding, regular, out-of school, elite physical activity. The program is designed for the student who is engaged in a preparation program for regional, State, National, or Olympic-level athletic competition in an individual or team sport or physically active performing art. ISPE is not for recreational programs; a major factor in determining acceptance or rejection of the ISPE request will be the difference between a recreational and a competitive program. The nature of the ISPE program must provide a training and weekly practice schedule minimum of 5 hours per 5 school days Monday-Friday. The number of hours are reflective of the practice required for a highly competitive program. The intent of ISPE is not to provide an opportunity for an extra elective; it is for the elite highly competitive athlete who spends extensive hours participating in their physical education; those interested in an elective (visual art, music etc.) may register for an available AM period class and discuss scheduling elective course options with their school counselor.



### **Required Application Documents**

- ☐ Application Form
- ☐ Verifying Signatures
- ☐ ISPE Indemnification
- ☐ Instructor/Coach Information
- ☐ Instructor/Coach First Aid Certification
- ☐ Instructor/Coach CPR Certification
- ☐ Proof of Certification Coaching Organization
- ☐ ISPE Learning Plan
- ☐ ISPE Program Brochure/Information about Course of Study
- ☐ Calendar of Practices and Competitions

### **Required Documents for Approved ISPE Students**

- ☐ Activity Log
- ☐ Evidence of Competition Participation

### **Application Timeline**

2025-26 School Year Application Window:

March 21, 2025 through May 2, 2025

Site will inform parents/guardians of the application approval/denial prior to May 23, 2025

During the application window ISPE applications/agreements are available on all middle school websites, and in the school offices. The school site administrator is responsible for informing new and returning students of the availability of ISPE as part of the orientation process. Applications will only be accepted up until the due date or within the first three weeks of the school year for students new/re-enrolling to the District. Late applications will not be accepted. Site administrator or designated committee reviews each application, determines if the application and ISPE program meets necessary requirements, notifies the applicant of their decision and oversees the completion of all ISPE requirements per the agreement. Students will be contacted regarding status prior to the start of the next school year. Approval must be received from the site administrator prior to starting any ISPE-designated activity. Students must apply every year for ISPE. There is no mid-semester or mid-year entry into ISPE.

Email all completed documents to your school's ISPE email by the deadline:

John Adams Middle School: [jamsispe@smmusd.org](mailto:jamsispe@smmusd.org)

Lincoln Middle School: [lmsispe@smmusd.org](mailto:lmsispe@smmusd.org)

SMASH: [smashispe@smmusd.org](mailto:smashispe@smmusd.org)

Malibu Middle School: [mmsispe@smmusd.org](mailto:mmsispe@smmusd.org)



### **Appeals**

If the ISPE Committee denies the application an appeal may be made by submitting a letter to the SMMUSD Assistant Superintendent of Educational Services. Written appeals should be placed within seven days of the committee's decision and include supporting documentation; late appeals will not be accepted. Your appeal will be reviewed and if approved, you must set up a meeting with the site administrator to complete the required forms within a timely manner. All decisions are final.

### **Eligibility Criteria**

1. Student must be in grades 6-8 and enrolled in SMMUSD.
2. Student must participate in a yearlong preparation program for regional, State, National, or Olympic-level athletic competition in an individual or team sport or physically active performing art. Students participating in a recreational program are not eligible for ISPE.
3. Student engages in physical activity tied to the state physical education framework and standards for 5 hours for each 5 school days (weekend events not included). These minutes cannot be part of any school activity, performance, curriculum, or clubs.
4. ISPE program must be a structured program taught by qualified individual(s) responsible for supervising, documenting and verifying student participation, progress and performance. Parents will not be approved as a supervising coach for his or her child.
5. Working out at a gym (yoga, weights etc.) or with a personal trainer/private lessons does not qualify for ISPE.
6. Student must pass 5 of 6 tests in the previous California Physical Fitness Test (PFT).
7. Students in 7th grade must participate in the California Physical Fitness Test (PFT). If necessary, parents shall ensure their students are available to take the PFT before and/or afterschool.
8. ISPE students must have passed PE class the previous year with a  $\checkmark$  (check) or higher for Elementary students, and a C- or higher for Secondary students. ISPE cannot be used to make-up a failing grade in physical education.
9. Student must maintain a 2.0 GPA and have no "F" grades. (If a student falls below a 2.0 GPA and/or receives any Fs they will not be eligible for ISPE in the following year).
10. Parent/guardian agrees to undertake all transportation of the student to and from ISPE activities.
11. School functions (field trips, detentions, guided studies etc.) take priority over outside activities and students must attend even if interfering with their ISPE program.

### **Grading**

1. ISPE students will receive a grade of PASS (P) or FAIL (F).
2. Course credit is earned when a grade of PASS is earned at the end of the semester.
3. A passing grade is earned by satisfactorily fulfilling ISPE agreement including submitting complete and accurate ISPE Activity Log. All paperwork must be submitted by the deadline.
4. ISPE students must complete and submit the ISPE Student Activity Log on the day prior to the end of each grading period. On the Activity Log ISPE students must complete and document a minimum of 5 hours for each 5 school days of physical education learning activity for the duration



of each term. These minutes cannot be a part of any school activity: curriculum, athletics, or clubs. All necessary signatures verifying activity must be completed by the due date. Incomplete or late forms will not be accepted.

5. Students turning in the Activity Log late will receive a grade of Fail (F) on their progress report. This grade will not be changed until the final semester grade is recorded. All semester grades are final.
6. If a student fails ISPE they will be immediately unenrolled from ISPE and enrolled in regular PE for the current and future semesters, and will not be eligible to enroll in ISPE in the future.



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**ISPE Application Form**

To be completed by the parent/guardian

Student Last Name:	Student First Name:	Student ID:
School:	Current Grade:	Next Year's Grade:
Parent/Guardian Name:	Home Phone:	Parent Email:
Home Address:	Home State:	Home Zipcode:
ISPE Competitive Sport:	PE Grade in Previous Semester:	GPA:
<p>Briefly explain why this proposed ISPE course of study is requested and should be considered as a substitute for regular attendance and participation in the required school physical education program:</p>		
<p>Describe how many hours per week of learning an activity are included in the proposed ISPE course of study and how the time will be used? (Minimum of 5 hours each school week M-F):</p>		
<p>Are you requesting less than a 6th period day? If yes, AM or PM?</p>		



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**ISPE Verifying Signatures**

**Student's Responsibility**  
To be Completed by the Student

I understand that it is my responsibility to attend the activity as outlined for a minimum of 5 hours per 5 days and meet the standards expected by the instructor.

I understand that I must submit the Activity Log and evidence of competition participation during the last week of every grading period.

I understand that I will lose all hours earned and receive a course grade of FAIL if I leave the ISPE program for any reason without notifying the ISPE coordinator.

Signature of Student:

Date:

**Parent's/Guardian's Acknowledgement**  
To be Completed by the Parent/Guardian

I understand that the SMMUSD does not investigate the site of the activities to assess potential for injury nor is the District responsible for the selection or qualifying or any Instructor/Coach for this program.

I accept full responsibility for any injury or harm, which might occur in the ISPE program. I am aware that, if my child fails to:

- meet the attendance requirements set forth by SMMUSD;
- the standards set by the instructor or coach;
- complete and submit the Activity Log by the deadline; and
- the 5 hours per 5 school days minimum,

my child will not meet the semester requirement for P.E. nor receive credit.

I understand the criteria required in order for ISPE to be approved (see eligibility criteria page 3 and checklist on page 11).

Signature of Parent/Guardian:

Date:

**Instructor/Coach Approval**

To be Completed by the Outside Activity Specialist/Instructor/Coach

I certify the above-named student attends, participates in, and meets the standards of the activity set by the instructor. I am also accepting the responsibility to submit First Aid and CPR certification, and keep track of the student's ISPE hours in which I personally supervise the activity at a minimum of 5 hours per 5 school days M-F.

Signature of Instructor/Coach:

Date:



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**ISPE Indemnification**

The ISPE applicant and their parent or guardian shall indemnify, defend and hold harmless, to the maximum extent permitted by law, the Santa Monica-Malibu Unified School District and its officers, Board Members, agents, and employees from and against any and all liability, suits, actions, proceeding judgments, claims, losses, costs (including attorney's fees), liens, damages, injuries (whether in contract or in tort, including personal injury, accidental death or property damage, and regardless of whether the allegations are false, fraudulent or groundless), relating to and arising from the applicant's participation in any and all ISPE activities contained within this ISPE agreement or any activities engaged in by the applicant in the use of any equipment, transportation or facility related to completion of this agreement. In addition, parent-guardian accepts full responsibility for student transportation to and from any ISPE learning activity and financial liability for any and all criminal acts, accidents, injuries, illnesses or death that could occur as a result of the student's participation in any ISPE-related physical education/sports learning activities.

I hereby certify that the information provided as a part of this application is true and accurate. I agree to abide by all ISPE rules and conditions described in this application/agreement.

Signature of Parent/Guardian:	Date:
Signature of Student:	Date:



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**ISPE Instructor/Coach Information**

To be completed by the primary outside activity Specialist/Instructor/Coach

- ☐ First Aid Certification attached
- ☐ CPR Certification attached
- ☐ Proof of Certification by state or national coaching organization attached

Student Last Name:	Student First Name:	Student ID:
Instructor Last Name:	Instructor First Name:	Title:
Organization Name:	Phone:	Email:
Address:	State:	Zip Code:
Describe the training that prepared you to supervise this activity:		
In what position are you currently employed which qualifies you to supervise this student?		
State the respective governing organization of which you or your organization is certified (attached certification):		
Will you be present for all student rehearsal activities (required)?		
What is the primary location where the proposed ISPE program will take place?		
Signature of Instructor/Coach:		Date:





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**ISPE Learning Plan**

To be completed by the primary outside activity Specialist/Instructor/Coach

- ☐ Program Brochure/Information about Course of Study attached
- ☐ Student Practices and Competition Calendar attached

Student Last Name:	Student First Name:	Student ID:
How does your program satisfactorily meet the state Physical Education framework and standards?		
What skills/abilities will the student develop as a result of this ISPE program? Specify the objectives for the year.		
Describe the activities that the student will be participating in or a minimum of 5 hours each week M-F:		
Describe how the ISPE program is highly competitive at the regional, State, National, or Olympic level (if the program is recreational or club the student is not eligible for ISPE):		
What is the student's current competitive level or ranking?		
What regional, state, national, and/or Olympic competitions has this student previously participated in?		
What regional, state, national, and/or Olympic competitions will the student participate in this year?		
<input type="checkbox"/> I certify that the above named student attends, participates in, and meets the standards of the activity set by the instructor. I am also accepting the responsibility for keeping track of the student's ISPE hours, in which I personally supervise the student's activity and ensure it is tied to the state PE standards. I certify that the information provided is true, accurate, and complete.		
Signature of Instructor/Coach:		Date:



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### **ISPE Activity Log**

For approved ISPE program students

The schedule/log must document weekly participation in the learning activities including weekly dates and times of the learning activities and a brief description of the activities that have been successfully completed. Activities should describe the progress towards the state physical education standards. A minimum of 5 hours for every 5 school days M-F is required to satisfactorily meet the program requirements. Late or incomplete forms will not be accepted.

Make copies of the form and add pages as needed.

- ☐ Attach any evidence of participation in competitions such as certificates, event lists, newspaper articles etc.
- ☐ Log(s) with signature due one day prior to the end of the grading period.

Student Name:

Student ID:

Date	Location	Activity	Time	Total Hours

Describe the student's progress toward successful completion of short term and long term goals. Indicate areas of success and areas that indicate need for improvement including in skill attainment, citizenship, and work habits.

Instructor/Coach Signature:

Date:



**For Administrative Use Only**

Student Name: \_\_\_\_\_

Yes	No	Eligibility Criteria	Notes
<input type="checkbox"/>	<input type="checkbox"/>	Student is a 6th-8th grader enrolled in SMMUSD	
<input type="checkbox"/>	<input type="checkbox"/>	Student has GPA of 2.0 or higher and no Fs	
<input type="checkbox"/>	<input type="checkbox"/>	Student has a previous PE grade of √ (check) or higher for Elementary students, and a C- for secondary	
<input type="checkbox"/>	<input type="checkbox"/>	Student has not previously received a FAIL in ISPE	
<input type="checkbox"/>	<input type="checkbox"/>	ISPE is not being used to make a failing grade in PE	
<input type="checkbox"/>	<input type="checkbox"/>	Student took the Physical Fitness Test (5th, and 7th grades) and passed 5 of the 6 tests AC__ AS__ UBSC__ BC__ TL__ F__	
<input type="checkbox"/>	<input type="checkbox"/>	Student participates in a highly competitive sport or physically active performing art at the regional, state, national, or olympic level	
<input type="checkbox"/>	<input type="checkbox"/>	The ISPE program is a year long (semester 1 and semester 2)	
<input type="checkbox"/>	<input type="checkbox"/>	The ISPE program engages student for 5 hours every 5 days M-F	
<input type="checkbox"/>	<input type="checkbox"/>	ISPE program connects to the state PE framework and standards	
<input type="checkbox"/>	<input type="checkbox"/>	ISPE program is taught by an individual responsible for supervising, documenting, and verifying student participation, progress, and performance (parents are not approved supervisors)	
<input type="checkbox"/>	<input type="checkbox"/>	IPSPE instructor coach is CPR, First Aid, and Coach Certified (all documents are attached)	
<input type="checkbox"/>	<input type="checkbox"/>	Brochure/program, and practice/competition schedule are attached	
<input type="checkbox"/>	<input type="checkbox"/>	All application information is complete	

**Approval of ISPE Program:**

☐ Yes student is approved for ISPE

☐ No student application is denied for the following reason: \_\_\_\_\_

Administrator/Designee Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**For Administrative Use**

To be completed by the student, student's advisor, and administrator indicating that each party has a copy of the completed and approved/denied application. It is the responsibility of the student and the student's advisor to maintain their copy as a record.

"The following signature certifies that I have been provided a copy of my approved/denied SMMUSD ISPE Application Packet."

Student Printed Name:	Student Signature:	Date:
Parent Printed Name:	Parent Signature:	Date:
Counselor Printed Name:	Counselor Signature:	Date:
Administrator Printed Name:	Administrator Signature:	Date: