

INDEPENDENT

STUDY PE (ISPE)

AT DIEGUENO!



HELLO!



Ms. Butler, Assistant Principal, ISPE Coordinator

Ms. Mallory Murphy, AP secretary & ISPE support



1.

COURSE REQUIREMENTS

Here's a peek at a [letter that has ALL of your requirements](#).
This will go home this week to parents & students.



Independent Study Physical Education (ISPE)

San Dieguito Union High School District

Welcome to [Diegueno's](#) 2017-2018 ISPE program! Below, you will find all the information and materials needed to be successful in the independent physical education program. Please read through the information carefully, pay attention to due dates and on-campus dates, and contact me with any questions. You can also refer to our website for any of these documents.

1. Contact Information

[Guen](#) Butler Assistant Principal and ISPE Coordinator
Mallory Murphy, AP/ASB/ISPE Assistant

2. Assignments: All assignments must be turned in by the due dates listed below to Mallory Murphy via hard copy to the front office.

Due Dates:

[Activity Logs](#) (30 hours per quarter)

Friday, October 26th

Friday, January 19th (1st Semester)

Friday, March 30th

Friday, June 8th (2nd Semester)

[Self & Coach Evaluations](#)

INDEPENDENT STUDY PHYSICAL EDUCATION

- This is an **INDEPENDENT** class!
- You will hear very little from us.
- If you need help, please ask.
- You are responsible for submitting all logs and evaluations by the due date.
- Turn in assignments, logs & evaluations to Mallory in the front Office.

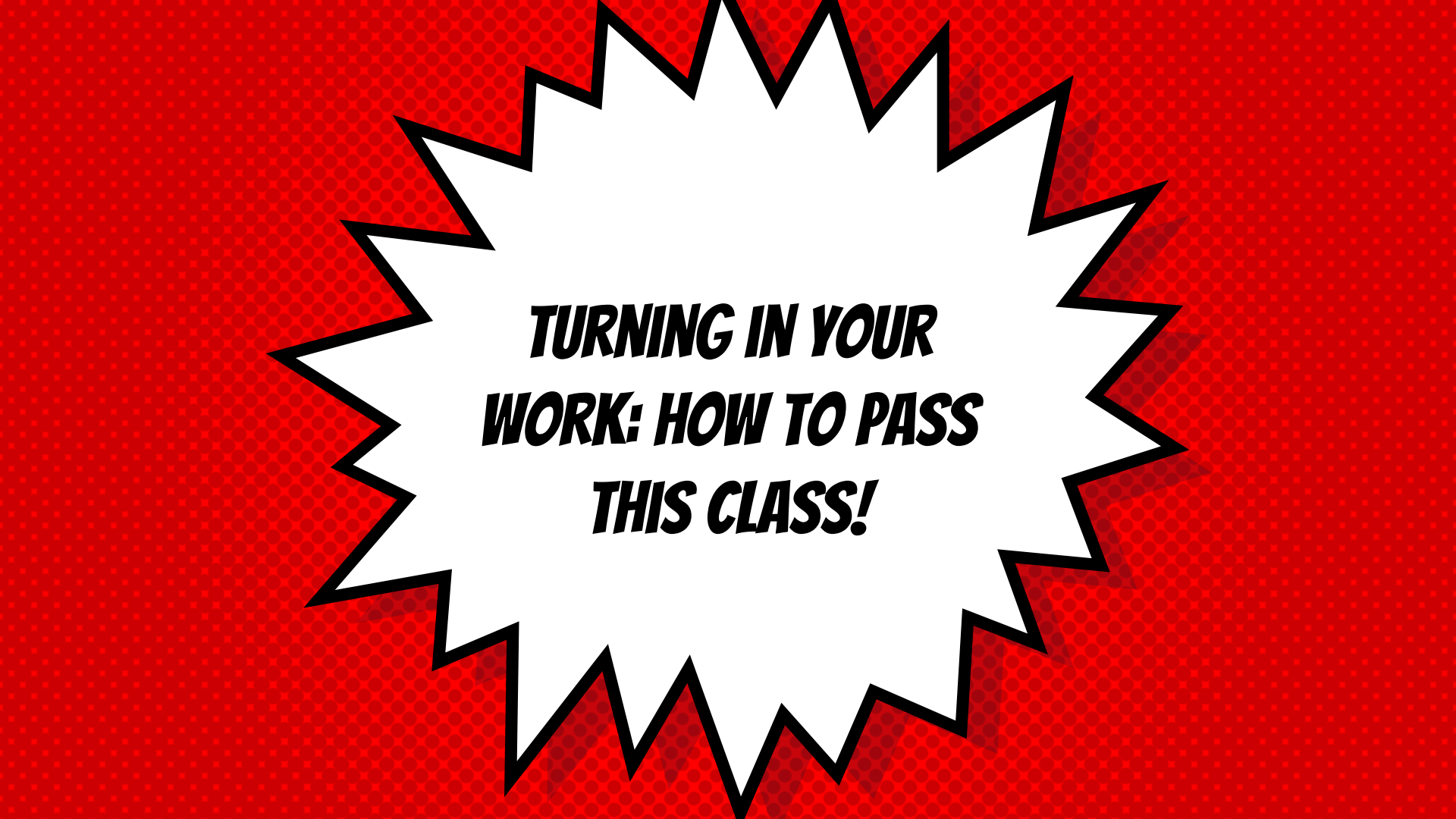
IMPORTANT DEADLINES!

FALL SEMESTER

- **REVISE** your goals if needed by Fri, 9/8/16.
- Quarter 1 Activity Logs:
Due 10/26/2017
- Quarter 2 Activity Logs AND First Semester self & coach's Evaluations:
Due 1/19/2018

SPRING SEMESTER

- Quarter 3 Activity Logs:
Due 3/30/2018
- Quarter 4 Activity Logs AND First Semester self & coach's Evaluations: **Due 6/8/18**



***TURNING IN YOUR
WORK: HOW TO PASS
THIS CLASS!***

[ISPE: ACTIVITY LOGS](#) (CLICK HERE TO ACCESS!)

- Your activity logs & evaluations determine whether you pass this class. They are due twice a semester.
- You must complete 30 hours of activity per quarter.
- Turn them in in the office to Mallory ON TIME.

2017 - 2018 ISPE Physical Activity Log

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	A	B	C	D	E
1	Independent Study Physical Education			<i>DIEGUENO MIDDLE SCHOOL</i>	
2	Student Name:			Activity:	
3	TOTAL HOURS (30 required per quarter): 0				
4	Date	Time Started	Time Finished	Daily Hours	Details of instructional time as related to goals
5	7/12/2016	3:30	5:30	2:00	This is an example line to help with how to type it.
6					
7					
8					
9					
10					
11					
12					

You can access this sample log through the link on the previous slide. You'll then be asked to "Make a copy" and you can type into that, save, and print.

Click the blue link for guidelines on the evaluations!

SELF & COACH'S EVALUATIONS DUE 1/19 AND 6/8

(Click the link above for instructions & samples) Signed by you, coach & parent!!

Self-Evaluation: When you applied for ISPE, you set some specific performance objectives for yourself. These were goals that you wanted to try to achieve in your sport/activity during the semester. Your job in the Self-Evaluation is to list those goals and to evaluate how well you have achieved the goals. You may want to also discuss what things you still need to work on with regard to each goal. You should discuss each goal in detail, explain what you have improved upon, and what things you still need to work on in order to achieve the goal. If you feel that you have completely achieved a goal, explain how you achieved it and then discuss new goals that you have set for yourself.

HOW TO: SELF EVALUATIONS DUE 1/19 AND 6/8

(Click the link above for instructions & samples)

Self-Evaluation Guidelines:

- Approximately one page, typed, double-spaced in 12 point font
- Should show that you have invested significant thought into writing the evaluation.
- Should address all of the goals that you set for yourself in your ISPE application.
- Self-Evaluations will not be graded based upon whether the student actually met the goals discussed but rather on how much effort and thought was put into the Self Evaluation itself.

The Self-Evaluation should include a signature from the student, a parent, and the coach indicating that all three parties have read the evaluation.

HOW TO: COACH'S EVALUATIONS DUE 1/19 AND 6/8

(Click the link above for instructions & samples)

The Coach's Evaluation addresses the same topic as the Self-Evaluation in that the coach should provide a detailed evaluation of how well the student has achieved each of the goals that the student set for her/himself. It is exactly the same as the Self-Evaluation but the coach is the evaluator instead of the student.

- Approximately one page, typed, double-spaced in 12 point font
- Should show that the coach invested significant thought into writing the evaluation
- Should address all of the goals set by the student in the ISPE application
- The Coach's Evaluation should include a signature from the student, a parent, and the coach indicating that all three parties have read the evaluation

THIS IS A PASS/FAIL COURSE

That means if you do your:

- × Fitness Logs (30 hrs/quarter)
- × Self Eval (January & June)
- × Coach's Eval (January & June)

and turn them in on time...

YOU PASS! (If not, you don't pass!)

DATES FOR ISPE KIDS TO BE ON CAMPUS



Picture day!

- × Cougar Camp (if you got pix then, no need to stay!)
- × September 11
- × Make ups on September 18

Physical Fitness Testing: 1 day during Spring 2018 (7th grade only)

SPIRIT DAY!!! Stay & Play on October 27th!

Otherwise, you may not be on campus during your ISPE period.



***IF YOU DECIDE ISPE IS NOT
FOR YOU, WE CAN MOVE
YOU TO P.E. ON CAMPUS!***



2.

***WHO TO CONTACT IF
YOU NEED HELP***



MALLORY MURPHY

mallory.murphy@sduhsd.net

(760) 944-1892 x 6690



3.

GOALS!

WHAT MAKES A HIGH-QUALITY ISPE GOAL?

An acceptable ISPE Goal is SMART!

- Specific
- Measurable
- Attainable
- Results-oriented
- Timely

WHAT MAKES A HIGH-QUALITY ISPE GOAL?

- They are NOT the exact same goals as your best friend or your sibling. Or someone who has the same coach.
- They are written in “I” statements and not “he” or “she”. These are YOUR goals.

GOALS LIKE THIS ARE TOO VAGUE:

- × To be stronger.
- × Work and life balance for student. It is important to do activities that we love to provide distractions from other school activities.
- × To become more flexible.
- × To get better at serving.

Let's take a look at some clearer examples!

SMART GOAL: SWIMMING

I will be able to swim a 200 IM
in 2 minutes and 35 seconds.

I will work to accomplish this goal by working on my stroke technique and turns and improving my endurance. I will work on making each stroke more efficient to be able to complete this set faster.

SMART GOAL: RUNNING TO IMPROVE ICE SKATING

I will lower my 400m time from 66 seconds to 61 seconds. I will measure my progress weekly by timing each distance.

SMART GOAL: TENNIS

I would like to improve the accuracy of my backhand. I will be able to measure my amount of growth toward this by observing how it gets better over time by hitting at placed cones on the court and documenting the distances in my tennis notebook.

REVISE YOUR GOALS! MAKE SURE THEY'RE SMART!

- To stay in ISPE, some students need to revise their goals.
- If you need to revise your goals, you/your parents got the [“Provisional Acceptance Letter”](#) this summer. It has a link to a Google Form on which you resubmit your goals.
- If you got the ISPE Acceptance Letter, you're fine!

**YOU'LL BE
GREAT!**



Meet your deadlines, get your paperwork done, work hard on your goals!