

INDEPENDENT - PHYSICAL EDUCATION

A. Purpose

To provide procedures for administering credit for private instruction in physical education

B. General

1. Independent physical education “is an alternative to classroom instruction consistent with the PYLUSD’s course of study and is not an alternative curriculum. It provides individual students with a choice of ways to acquire the values, skills, and knowledge all students should gain as verified in a written agreement.” *California Department of Education*
2. A program of Independent Physical Education shall be based on the individual needs of a student as specified in an Individual Plan and Contract (Exhibit A)-which are aligned with the California Physical Education Standards (Exhibit D).
3. The Individual PE Plan, which shall be developed by the parent(s) or guardian(s), instructors/coaches, and student, shall include:
 - a. A statement outlining the student’s reasons for requesting Independent Physical Education.
 - b. A statement of the student’s mid-year goals, which are aligned with the California Physical Education Standards.
 - c. A statement of year end goals, which are aligned with the California Physical Education Standards.
 - d. A statement listing the daily activities by which the student will achieve the listed goals.
 - e. The name, title, and qualifications of the coach, trained specialist, or instructor who will provide instruction.
4. The Deputy Superintendent of Academic Leadership Team or designee is responsible for the Independent Physical Education Program.
5. The school shall maintain an Independent Physical Education file for each student in the program. That file shall include, but not be limited to, the following:
 - a. A copy of all contracts or agreements pertaining to the student
 - b. Completed Activity Logs and Performance Evaluation Reports
6. Complete applications must be submitted to the school by June 1st including all supporting documents. Incomplete packets will not be accepted. Newly enrolled students may submit applications during their registration appointment. No mid-year applications will be accepted. *The only exception being students enrolled in Parkview School and Buena Vista Virtual Academy.

7. Students enrolled in Grades 5, 7 and 9 must participate in the California Physical Fitness Performance Test at the time designated by their school.

C. Requirements

This program applies to students in grades 6-12 who participate in a minimum of 10 hours per week of structured physical training, inclusive of both organized practice and actual competition or performance time. For purposes of this requirement, only the student's active participation time shall be counted; scheduled tournament or event duration that does not involve direct participation (e.g., waiting periods, inactive time between events) shall not be included. Participation must occur over a period of not less than 18 weeks per semester (a total of 180 hours per semester). Documentation must include a verified weekly schedule and a statement from the primary out-of-school coach or program provider demonstrating how the activity aligns with the California Physical Education Model Content Standards.

1. The maximum length of the Contract for this program shall be for one (1) school year and must be renewed annually.
2. An Individual PE Plan must be completed, and all signatures must be obtained before participating in an Independent Physical Education Program.
3. All conditions of the Contract must be completed before a pass or fail grade and credit for the program may be issued.
4. Private instruction in physical education will be scheduled after the last period of the student's day or before the student's scheduled classes begin.
5. Students in grades 6-8 participating in this program may earn one semester of physical education "credit" per semester.
6. High school students participating in this program may earn 5 units of graduation credit for physical education per semester. A maximum of 20 credits may be earned through private instruction through physical education. *The only exception being students enrolled in Parkview School and Buena Vista Virtual Academy.
7. A grade of pass or fail shall be issued by the principal's designee and shall be based upon an evaluation of the information supplied by the student's coach, instructor or trained specialist.
8. Students may not take Independent Physical Education and regular physical education simultaneously.
9. Students participating in this program must maintain a record of no less than a 2.0 overall unweighted grade point average (GPA).

10. Failure on the part of the student, parents, coach or instructor to meet any terms of the Contract or the student's Individual Plan may result in the forfeiture of the privilege of the program.
11. Instruction/practice must take place in a licensed facility under direct supervision of a credentialed or otherwise qualified instructor.
12. The instructor must submit Activity Logs verifying instruction and a Performance Evaluation Report quarterly. (Exhibit B and Exhibit C)
13. Parents/guardians must sign a Release of Liability allowing students to leave campus. The parents/guardians assume full responsibility and liability for the transportation and safety and well-being while the student is off campus participating in the approved activity.

D. Procedures

The request for an Independent Physical Education Plan begins with the parent/guardian submitting a completed application. Application instructions will be sent to parents by school administration upon request by parents. Applications submitted after the published deadline(s) will not be considered.

1. The written application must include the following:
 - a. The primary coach's full name, mailing address, email address, and telephone number.
 - b. A description of the activity and the location of the Independent Physical Education.
 - c. A schedule demonstrating the total number of hours per school week spent in the student's competitive activity and a statement demonstrating how the program meets the Physical Education Model Content Standards for California Public Schools provided by the primary out-of-school coach.
 - d. Specific mid year and end of year goals will be provided by the parent/guardian.
 - e. A statement signed by the parent/guardian holding the school district harmless from responsibility/liability for any student accident or injury resulting from participation in the out-of-school Independent Physical Education or the travel to and from the activity, or any fees, supplies, or equipment related to the proposed independent activity.
 - f. A statement acknowledged by the parent/guardian that the student agrees to complete and submit the time log documenting progress in the required content area as detailed by the instructor.
 - g. A statement acknowledged by the parent/guardian that a Performance Evaluation Report must be completed by the primary coach and submitted to the school site prior to each grading period.
2. Notifications and Next Steps
 - a. The principal or designee shall communicate information regarding acceptance or denial to the applicant.

- b. Students granted Independent Physical Education are excused from attendance in regular physical education classes and shall be placed on a shortened school day.
- c. The student's school class schedule shall be adjusted appropriately.
- d. Students granted Independent Physical Education may not be on campus during their Independent PE period.
- e. Students in 7th and 9th grade are required to take the California Physical Fitness Test.
- f. The coach is responsible for verifying an accurate daily Activity Log of the student's activities, attendance, and practice/workout hours. The log must include midyear and year-end goals aligned with California Physical Education Standards, be reviewed and signed only by the approved coach/instructor, and a copy must be retained by both the coach/instructor and the parent/student.
- g. The completed Activity Log must be submitted to the principal's designee five days prior to the end of each grading period; failure to do so may result in forfeiture of program privileges.
- h. The student's daily attendance in the program shall be verified by the coach's or instructor's signature on the Activity Log.
- i. Students will be evaluated each grading period, with grades recommended by the coach and approved by the principal or designee. Evaluations will be based on both the Activity Log and the Performance Evaluation Report.
- j. The completed Performance Evaluation Report must be submitted to the principal or designee at least five days prior to the end of each grading period, after which the school registrar or clerk will post the final grade to the student's permanent record.
- k. Appeals of school decisions on acceptance of an Independent Physical Education application can be made through the office of the Academic Leadership Team. Appeals should be placed within seven days of the school decision and include supporting documentation. A District Study Team will consider appeals and their decision will be final.

E. Approved by:

Revised by

Olivia Yaung 4/1/25

Dr. Allan Mucerino 4/1/25

Michael Young 4/29/26

Responsible Head Date

Superintendent Date

Director Date



Placentia-Yorba Linda Unified School District

Application for Independent Physical Education

Directions: This application must be completed by June 1 prior to the start of the school year and submitted each year Independent Physical Education is being requested. Parents/Guardians must initiate the application and then ensure the coach overseeing the proposed Independent Physical Education Plan completes their required portion.

The activity being proposed for Independent Physical Education must:

1. Be instructed under the direct supervision of a qualified coach.
2. Consist of instruction that includes a minimum of ten (10) hours during the school week, Monday-Friday, in the student's competitive sport/activity excluding competitions.
3. Incorporate the Physical Education Standards mandated by the State and District.
4. Include an Activity Log* documenting progress in the content standards.
5. Complete a Performance Evaluation Report* at least 5 days prior to each grading period.

**The Activity Log and Performance Evaluation Report may be found on the District Independent Physical Education website.*

Student Information

Student First Name:	Student Last Name:
School:	Grade:
Student ID:	Birthdate:
Address Line 1:	
Address Line 2:	
City:	Zip Code:
Primary Phone Number:	

Parent/Guardian First Name:	Parent/Guardian Last Name:
Cell Phone Number (if different from above):	
Parent/Guardian Email:	

Sport/Activity Information

Name of Sport/Activity:
Name of Coach/Agency/Program providing instruction:
Email Address of Coach providing instruction:
Description of proposed activity(ies) for the year which will enable the student to achieve their midyear and end of year goals:
Location(s) of where the activity(ies) will take place:
Please list a minimum of three midyear goals which are aligned to the California Physical Education Standards:
Please list a minimum of three end of year goals which are aligned to the California Physical Education Standards:
Total number of hours per school week in the out-of-school activity(ies):

Statement of Understanding (Parent/Guardian)

I certify that the specifications outlined above are correct and that the school will be immediately notified of any changes in this proposal. I further understand the following **(initial each item)**:

- The student applicant is enrolled in grades 6-12 in the Placentia-Yorba Linda Unified School District.
- The parent/guardian agrees to ensure the student applicant meets all terms of the Independent PE Plan if accepted.
- The parent/guardian understands that failure to meet any terms of the Independent PE plan may result in termination of this agreement.
- The student applicant must submit their Activity Logs and Performance Evaluation Report five days prior to the end of each grading period.
- Students will be assigned a grade of pass or fail based upon the items enumerated in the Performance Evaluation Report and the Activity Log.
- Students participating in this program must maintain a record of no less than a 2.0 overall unweighted grade point average (GPA).
- 7th and 9th grade students are required to take the California Physical Fitness Test in the Spring. Your child will be notified by the school when they will be tested.
- Your child must exit the school and may not be on campus during their Independent PE period. When students are without a class on campus, it can be disruptive to the learning environment for others.

**Release of Liability and Waiver of Claims
Private Instruction in Physical Education
(Parent/Guardian)**

I, having legal custody and authority, do hereby grant permission for the student listed above to participate in private instruction in physical education as described in the accompanying documents. I understand that this program is not conducted by, or supervised by, any employee, agent or representative of the Placentia-Yorba Linda Unified School District. I hereby waive all claims against the District, its agents or representatives, the County of Orange, and the State of California for injury, accident, illness, or death occurring during, or by reason of, this activity or while in transit.

Signature of Parent/Guardian:	
Date:	

Placentia-Yorba Linda Unified School District Policy prohibits any person from participating in Private Instruction in Physical Education without proper completion and execution of this Contract.

Coach Information

Full Name of Coach Responsible for IPE Program:	
Name of Agency/Company/Program (if applicable):	
Mailing Address of Coach:	
Coach Telephone:	Coach Email:
Qualifications/Credentials of Coach (describe):	

Independent Physical Education Plan Proposed Monthly Schedule

Please include the total minutes/hours of practice for each weekday and a general description of the activity each day.

General Monthly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Total Time Weekly
Week 1						
Week 2						
Week 3						
Week 4						

The student's Independent PE program must align to PE Model Content Standards. California's Physical Education Model Standards for grades K-12 may be found [HERE](#).

Describe how the proposed program will meet the Model Content Standards applicable to the student's grade level and how it will incorporate the PE fitness components of Aerobic Capacity, Body Composition, Muscular Strength, Muscular Endurance, and Flexibility:

Coach Certification

I hereby certify that this student has discussed the proposed activity(ies) with me and that the time commitment and program information outlined in the preceding portion of the application are correct. I accept the responsibility for the instruction and direct supervision of the student named in this application for the Independent Physical Education program. I understand that I will be asked to complete a Performance Evaluation Report for the student at each grading period. I further certify that I will immediately advise the school if any of the specifications above change or are not satisfied.

Coach/Authorized Agent Signature:	
Date:	

Parent/Guardian Agreement

I understand the terms of Independent Physical Education and will ensure my student maintains their Activity Log and the primary coach completes a Performance Evaluation Report at least 5 days prior to the end of each grading period.

Signature of Parent/Guardian:	
Date:	

Thank you for completing the IPE application. **All applications are due by June 1st.** Your application will be reviewed by your student's school site team and either approved or denied based on the acceptance criteria outlined above. You will receive an email notification from the Informed K-12 system once your application has been processed. Please open the document

in that email and scroll down to the section below to find your student's IPE status. If you have any questions, please contact your school site front office.

School Site Processing

The application is complete:	Yes	No
The student is in grade 6 - 12:	Yes	No
The student has a min GPA of 2.0:	Yes	No
The student's activity meets the 10 hr min weekly requirement:	Yes	No
IPE contract approved:	Yes	No
If denied, reason for denial:		
Signature of school site reviewer:		
Date:		

PLACENTIA – YORBA LINDA UNIFIED SCHOOL DISTRICT

INDEPENDENT STUDY – PHYSICAL EDUCATION

PERFORMANCE EVALUATION REPORT

Student's Name _____ Date _____

School of Residence _____ Grade _____

Sport/Activity _____ Governing Body _____

Grade/Hours Verification: I certify that the above student has received _____ hours of instruction time between the dates of _____ and _____. This instruction time meets or exceeds the time requirements established in law and/or district policy.

Grade Issued: PASS FAIL

Has this evaluation been discussed with the student and parents? Yes No

Please address the student's performance in each of the following areas; be as complete and specific as possible.

1. Describe the student's progress toward successful completion of midyear and year-end goals aligned with the California Physical Education Standards:

2. The student's work and effort during the evaluation period have been (please check one):

Outstanding Satisfactory Needs Improvement Unsatisfactory

3. Additional Comments _____

Coach/Instructor: _____ Date: _____

Coach/Instructor Signature _____

*Must be submitted 5 days before the end of each grading period.
Missing or late evaluations may result in forfeiture of the privilege of the program.*

Please Retain a Copy for Your Records

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT

CALIFORNIA PHYSICAL EDUCATION STANDARDS

Please use the California State Standards listed below to help in creating your Individual Plan. Click the following link for an expanded list of the [California Physical Education Standards](#).

➤ **Grade Six**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

➤ **Grade Seven**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

➤ **Grade Eight**

- Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

➤ **High School**

- Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
- Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Standard 3: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.