

# Independent Study Physical Education:

## Pacific Trails Middle School

### Informational Meeting



#### 1. Introductions

- a. Ms. Freeman – Assistant Principal & ISPE Coordinator
- b. Ms. Graciano - Administrative Assistant

#### 2. **Email Communication** → kathryn.freeman@sduhsd.net or lisa.graciano@sduhsd.net

#### 3. **Assignments**

##### a. ISPE Log of Physical Activity

- i. Students are responsible for their logs – NOT PARENTS - Due dates are posted now and will not change this year. There will be reminders from the school to help you, but are not to be relied upon.
- ii. Logs are to be turned in through Google Classroom. You should already have access to the ISPE Google Classroom and will complete the first assignment (next page)

**by September 11th. Google Classroom Code: *x3fj6em***

##### b. Evaluations

- i. At the end of each semester, ISPE students must complete a self-evaluation and a coach evaluation. They are due one week before the end of the semester for grading purposes.
- ii. Evaluations are turned in through our Google Classroom.

Assignments	Q1- Fall 2020 October 23	Q2 - Winter 2021 January 15	Q3 - Spring 2021 March 26	Q4 - Summer 2021 June 4
Activity Log	X	X	X	X
Self and Coach Evaluations		X		X

#### 4. **ISPE Grading** is based on meeting the requirements = Pass or Fail

- a. If you fail ISPE, you are not eligible for ISPE the following year.

#### 5. **Fitness Exam Requirements** ⑦

- a. On hold currently. Updated information will be forthcoming.

# ISPE Assignments

All assignments will be completed and submitted electronically through Google Classroom.

All assignments are due one week prior to the end of the grading period so Ms. Freeman can review and provide an accurate grade on-time. Assignments turned in late will earn 50% credit and those after grades have been posted will not be accepted - no exceptions. There is plenty of time to turn in work and if you need technical help, please contact Ms. Freeman or Ms. Graciano well before the due date to ensure you are able to be on time with your assignments.

The due dates for the 2020 ISPE class assignments are as follows:

<i><b>Fall Semester</b></i>	<i><b>Spring Semester</b></i>
<i><b>October 23</b></i> <i>1st Quarter Activity Logs</i>	<i><b>March 26</b></i> <i>3rd Quarter Activity Logs</i>
<i><b>January 15</b></i> <i>2nd Quarter Activity Logs</i> <i>Self Evaluation</i> <i>Coach's Evaluation</i>	<i><b>June 4</b></i> <i>4th Quarter Activity Logs</i> <i>Self Evaluation</i> <i>Coach's Evaluation</i>

Grades for the class will be either a P (pass) or an F (fail). Students who earn 60% or greater in the class will receive a pass and students who earn 59.9% or less will receive an F in the course.

**Your first assignment is titled “2020 ISPE SMART Goals”.** Please take the time to type the goals you submitted or maybe re-submitted, for this year in ISPE. Use the provided document and insert your name into the title. Once you have typed the goals, please click the “Turn In” button at the top.

Once you complete this assignment, look to the Physical Activity Log and begin working on that by adding your name and activity. It is here that you will keep track of hours of activity throughout each quarter.

Please ask if you need help....

Ms. Freeman