

Descriptor	Independent Study Physical Education (ISPE) (7th & 8th grades)	Performance Academy (7th & 8th grades)	Performance Academy (6th Grade)
Program and Grade Levels	Students participate in ISPE for a shortened 6-period day. (No PE period.) Or stay on campus for a study hall period to complete homework. Students must be an advanced athlete participating in an advanced level sports academy or team such as volleyball, baseball, golf, basketball, tennis, dance, softball, etc.	Students engage in a specialized athletic program, adopting a 5-period day. Students have in-person learning for their core instruction plus one elective. PE and one elective are done as Independent Study. Students must be an advanced athlete participating in an advanced level sports academy or team such as volleyball, baseball, golf, basketball, tennis, dance, softball, etc. Advanced Athletic students may select their own Athletic/Dance Academy or advanced athletic training program that meets at least 7.5 hours a week for at least 90 minutes a day. Additionally, the program needs to start prior to school ending, necessitating the need for admission into FSD's Performance Academy. (Pending board approval) Additionally, students may utilize the onsite Delta Sports Academy at Parks JHS. Delta Sports provides conditioning for most major sports and provides sport specific work in Soccer, Basketball, Football, Baseball, and Softball.	This is a specially tailored athletic program with an amended school day (9:00 to 1:30 - subject to change) at Rolling Hills School. PE is done as Independent Study PE. Students must be an advanced athlete participating in an advanced level sports academy or team such as volleyball, baseball, golf, basketball, tennis, dance, softball, etc.

<p>Criteria</p>	<p>Advanced athletes complete weekly ISPE logs and provide their own transportation.</p>	<p>Must meet the following five criteria:</p> <ol style="list-style-type: none"> 1. Must be an advanced athlete in an advanced athletic program or team, such as an athletic academy, which agrees to include a daily physical conditioning component. 2. Start time of the program must begin at least one period before the end of school, necessitating the 5-period day. 3. The athletic program/academy must be at least 4 days a week and at least 90 minutes each of the 4 days at the approved academy. Total hours during the week must be at least 7.5 hours a week. 4. Students must provide their own transportation unless the athlete participates in the Delta Sports Group at Parks (pending board approval). 5. Must complete weekly Independent Study PE log & submit one physical conditioning work artifact. 	<p>Must meet the following five criteria:</p> <ol style="list-style-type: none"> 1. Must be an advanced athlete in an advanced athletic program or team such as an athletic academy. 2. Start time of the program must begin at least one period before the end of school, necessitating the 5-period day. 3. Athletic program/academy must be at least 4 days a week and at least 90 minutes each of the 4 days at an approved academy or other ranked State or National team. Total hours during the week must be at least 7.5 hours a week. 4. Students must provide their own transportation unless the athlete participates in the Delta Sports Group at Parks (pending board approval). 5. Must complete weekly Independent Study PE log & submit one physical conditioning work artifact.
<p>Cost</p>	<p>Free public education. There may be additional costs associated with the child's team, sport, or academy.</p>	<p>Free public education. There may be additional costs associated with the child's team, sport, or academy.</p>	<p>Free public education. There may be additional costs associated with the child's team, sport, or academy.</p>
<p>In-Person and Online</p>	<p>Offered in person at all junior highs and K-8 schools for 7th and 8th grade students.</p>	<p>Offered at Parks Junior High School.</p>	<p>Offered online at Rolling Hills through MyConnect, potential in-person option pending board approval.</p>

<p>Application Process</p>	<p>The application process occurs at the beginning of the school year (can be during the trimester). The application is submitted to Dr. Soltero-Ruiz, Interim Chief Academic Officer, Educational Services.</p>	<p>Coordinated by the Superintendent at the FSD District Office, with letters of intent accepted from April 22nd to May 16th and open enrollment from May 22nd to June 21st.</p>	<p>Coordinated by the Superintendent at the FSD District Office and similar process as the 7th & 8th-grade program.</p>
<p>Schools with program</p>	<p>Available at all junior high and K-8 schools for 7th and 8th graders.</p>	<p>Offered at Parks Junior High School with potential expansion to other schools.</p>	<p>Currently available at Rolling Hills School with potential expansion to other schools.</p>
<p>Exclusions</p>	<p>Based on schedule and availability, with specific enrollment periods.</p> <p>Parents will not be approved as supervising coaches for their children. Working out at a gym (yoga, weights, etc.) or with a personal trainer does NOT qualify for ISPE.</p>	<p>Based on schedule and availability, with specific enrollment periods.</p> <p>Parents without advanced athletic certification will not be approved as supervising coaches for their children. Working out at a gym (yoga, weights, etc.) or with a personal trainer does NOT qualify for ISPE.</p>	<p>Based on schedule and availability, with specific enrollment periods.</p> <p>Parents will not be approved as supervising coaches for their children. Working out at a gym (yoga, weights, etc.) or with a personal trainer does NOT qualify for ISPE.</p>