



CFHS Health & Physical Education Courses Summer 2018

Registration opens February 19 at 8:00am.

CFHS Health and Physical Education Courses are offered during summer school as for-credit courses. **Class attendance is critical and students are allowed only three excused absences (9 hours total) in order to receive credit.** Final exams will be given on the last day of the course and students must be in attendance. Students must remain on campus during the lunch break each day.

The **Health & Wellness** class covers six units: Intro to Health & Wellness; Fitness & Nutrition; Mental & Emotional Wellness; First Aid; Drugs, Alcohol, Tobacco & Addiction; and Human Growth & Development.

Recreational Fitness (Silver) is the PE course offered this summer. This course is designed to offer students a wide variety of group fitness activities that enhance physical skills, movement and wellness. Activities may include handball, volleyball, over-the-line softball, 3 on 3 soccer, basketball and flag football. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance, and flexibility. The concepts of teamwork and sportsmanship are emphasized. Fitness assessments will be conducted as determined by the instructor. This course meets the .5 credit graduation requirement for Group Fitness.

You can choose to take both Health & Wellness and Recreational Fitness (PE) this summer or just one or the other!

Dates: May 29 – July 6, 2018

Grades: 8–11

Cost: \$240 plus a \$25 Registration Fee

Registration closes May 23, 2018.

Refund Policy: 75% if dropping the course up through May 23. No refunds thereafter.

Course Options:

PE: Recreational Fitness – Silver 7:45 am – 10:45 am

Health & Wellness 7:45 am – 10:45 am

Health & Wellness 11:15 am – 2:15 pm

Registration is online only: www.cfsd16.org/csregister

Create an account first on our new registration site: www.cfsd16.org/cscreateaccount

Call 209-7551 if you need registration assistance.

Attendance Policy:

Students are allowed only three absences (9 hrs) before receiving an incomplete from summer for-credit classes. Being more than 15 minutes late (between 5 and 15 minutes late) more than three times will receive an Incomplete. Students who are withdrawn from a summer class for attendance or behavior issues will receive no refund.

Completion and Grades:

All assignments and exams for the registered course must be completed by the end of the session to earn .5 credit. The successfully completed course will be added to the student's transcript with the earned grade and .5 credit.

Lunch:

Students participating in both PE and Health are responsible for bringing their own lunch. They may bring their own lunch or choose a hot lunch option that you may register for on-line once Camp Foothills registration begins. No lunch can be purchased a la carte. The classrooms will be closed during lunch break and students may eat lunch in the cafeteria or the plaza. CFHS is a closed campus and students may not leave campus for lunch.

CFHS Code of Conduct:

Summer school students are expected to adhere to all Catalina Foothills School District Student Code of Conduct and Dress Code policies (available on the CFHS website). No alcohol/tobacco/drug related images may be worn. Underwear (including bra straps) must be covered. No smoking, drugs, alcoholic drinks, or weapons are allowed on campus at any time. Electronic devices may be used with teacher permission only. Students who are removed from Summer classes for conduct issues will receive no refund.

CFSD Community Schools: (520) 209-7551

High School Summer Program Director: Mary Grodman Phone: (520) 209-8313