



CFHS Summer PE and Health Courses

May 28 – July 3, 2019

Registration opens February 27 at 8:00 am

.5 PE and .5 Health are required courses which must be taken freshman year or summer before/after. Students may choose to take one or both courses through CFHS Summer School.

Recreational Fitness: Silver (Group)

7:30 – 10:45 am, May 28 – July 3

(Start time moves to 7:45 beginning June 13)

This PE course offers 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. .5 credit.

Health & Wellness

11:15 am – 2:30 pm, May 28 – July 3

(End time moves to 2:15 beginning June 13)

This course addresses health and wellness topics and issues relevant to high school students. Students will acquire knowledge and skills necessary to maintain lifelong good health and to make informed choices and accept personal responsibility for those choices. The units covered in this course include nutrition and fitness; mental and emotional health; first aid; tobacco, alcohol, and other drugs; and human growth and development. This is a required course that must be taken in freshman year, or summer before or after 9th grade. .5 credit.

Registration is open to students in grades 8-11 who are registered to attend CFHS.

- Registration is only available online at cs.cfsd16.org/enrichment and only from **Feb 27-May 22**.
- **Cost:** \$240 per course plus a one-time \$25 Registration Fee
- **Refund Policy:** 75% if dropping a course up through May 22. No refunds thereafter.
- Call CFSD Community Schools at 209-7551 if you need registration assistance.

Attendance:

- Final exams will be given on the last day of the course and students must be in attendance on the July 3 exam date. No early exams will be given.
- Students who accumulate more than three absences (9 hours) will be withdrawn from the course and have no credit or grade awarded.
- Students who are more than 15 minutes late (between 5 and 15 minutes late) more than three times may be withdrawn from the course and have no credit or grade awarded.
- Students who are withdrawn from a summer class for attendance issues will receive no refund.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 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 their own lunch. CFHS is a closed campus and students may not leave campus for lunch. Students may bring their own lunch or choose a hot lunch option. Students choosing hot lunch must order and pay in advance through the Community Schools website. Students may eat lunch in the cafeteria or the plaza. Classroom buildings are closed during 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. (See CFHS website.). Clothing must be appropriate for school: no alcohol/tobacco/drug-related images, all underwear (including bra straps) covered, no halters or strapless tops, etc. No smoking, drugs, alcoholic drinks, or weapons are allowed on campus at any time. Electronic devices maybe used with teacher permission only. Students who are removed from summer classes for conduct issues will receive no refund.

High School Summer Program Director: Mary Grodman

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