



CFHS SUMMER PE AND HEALTH COURSES

MAY 28 – JUNE 28, 2024

REGISTRATION OPENS FEBRUARY 14 @ 8:30 AM

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

RECREATIONAL FITNESS: SILVER (PE)

7:30 am - 11:00 am or 11:30 am - 3:00 pm

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

7:30 am - 11:00 am or 11:30 am - 3:00 pm

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: Open to CFSD students - Grades 8-11

- Registration is only available online at cs.cfsd16.org from **Feb 14 - May 24, 2024**.
- **Cost:** \$275 per course plus a one-time \$25 Registration Fee
- **Refund Policy:** 75% if dropping a course up through May 24. No refunds thereafter.
- Call CFSD Community Schools at 520-209-7562 if you need registration assistance.

WAITLIST: If a class fills, you will have the option to add your student to the waitlist.

- **When you go to enroll, click on "ADD TO WAITLIST".**
- **The waitlist allows us to add students in the order they have signed up.**
- **You will NOT be charged until you are added to the class off the waitlist. You will be notified by email if and when that happens.**

Attendance:

- Final exams will be given on the last day of the course and students must be in attendance on the June 28th exam date. No early exams will be given.
- Students who accumulate more than **9** hours of absences will be withdrawn from the course and will have NO credit or grade awarded.
- Students who are more than 15 minutes late more than three (3) 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 not receive a refund.

CFHS Code of Conduct:

Summer school students are expected to adhere to the Catalina Foothills School District Student Code of Conduct. [See CFHS website](#) for policy information. The School Board recognizes that each student's mode of dress and grooming is a manifestation of personal style and individual preference. A student's dress and appearance shall not present health or safety problems or cause disruption of educational activities. Clothing must have straps and cover torso, buttocks, and underwear. Footwear must be worn. Clothing or personal items must not display words or graphics which include or reference drugs, alcohol, tobacco, weapons, obscenity, profanity, vulgarity, pornography, gangs, hate, or racial or sexual remarks. Summer school administration will make the final determination regarding the appropriateness of a student's attire.

Lunch:

Students participating in both PE and Health are responsible for bringing their own lunch. CFHS is a closed campus and students may not leave campus for lunch.

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.