



# CFHS Summer PE and Health Courses

## May 30 – June 30, 2023

Registration opens February 8 at 8:30 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 (PE)

**7:30 – 11:00 am, May 30 – Jun 30, 2023**

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

**11:30 am – 3:00 pm, May 30 – Jun 30, 2023**

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 9<sup>th</sup> 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](http://cs.cfsd16.org) and only from **Feb 8 - May 29, 2023**.
- **Cost:** \$265 per course plus a one-time \$25 Registration Fee
- **Refund Policy:** 75% if dropping a course up through May 29. No refunds thereafter.
- Call CFSD Community Schools at 209-7562 if you need registration assistance.

### **PLEASE NOTE:**

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 take kids in as they have signed up
- You will **NOT** be charged until you come off of the waitlist and are added to the class. You will be notified by email 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 30th 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 (between 5 and 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 receive no refund.

#### **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 may be used with teacher permission only. Students who are removed from summer classes for conduct issues will receive no refund.

#### **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 eat lunch in the cafeteria or the plaza. Classroom buildings are closed during 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.