
PHYSICAL EDUCATION/WELLNESS OFFERINGS

Summer school PE/Wellness classes will be delivered in some format of a hybrid model, which will include everyone present for in school instruction. The actual format and schedule will be determined at a later date based on COVID protocols and numbers.

Attendance: Daily attendance is required for successful completion of the course. On the first day of class students will receive a syllabus stating course expectation including attendance, with parent and student signatures required. Absences due to sports camps, family vacations, athletic competitions, work responsibilities, doctor appointments and church related adventures etc., will be considered unexcused and will jeopardize the student's ability to pass the course.

Participation: Students should be prepared to be physically active with proper attire for each class, both outside and inside. Summer school physical education/wellness courses are fast paced courses that cover a variety of instructional units that vary with intensity, activity level and pace. Students should be able to handle hot/humid weather. If there is concern regarding a student's stamina to complete the course, summer school may not be the best option for the student.

ALL physical education units will be designed to be held outside, unless weather prohibits it. Students should be prepared with water, snacks, sun screen, sunglasses and hats for participation. The same COVID protocols will be in place as during the school year . Students will have the opportunity to participate outside with no masks-minimum 6ft apart. All inside participation requires students to utilize their masks. Equipment will be sanitized after students use, students will sanitize desks, hands and equipment for all instruction.

TBD:Participation in bike safety education and hiking at Talcott Mountain.

Note: Students who may have a medical note prior to the start of the course that limits participation may jeopardize their ability to enroll in the course. Medicals that occur while taking the Summer School PE/Wellness courses that limit participation may result in make-up during the school year. This decision will be made in conjunction with the department supervisor, nature of the injury, unit of instruction, student, parent and summer school teacher.

NO CLASSES: Monday, 7/5/2021

WELLNESS 9 (HEALTH/PHYSICAL EDUCATION) (HIGH SCHOOL CREDIT AWARDED) (GRADE 9) (NO CLASS JULY 5, 2021) "BUILDING A COMMUNITY"

This course combines physical education and health, providing knowledge and skills through the participation in a variety of team and individual recreational activities to promote building a community along with focus on mental, health substance use and abuse, and healthy relationships. This class will focus on building a community through a variety of team building activities. In addition, students participate in units that include team sports, net games, and fitness. Also students will expand their knowledge through topics such as substance use and abuse (that includes decision making and communication skills), decision-making, mental health, reproductive health, sex, gender and sexuality. (MONDAY-FRIDAY CLASSES) MAX CLASS SIZE IS 25 STUDENTS. FIRST COME, FIRST SERVED.

SA-9 4 WKS. BEG. 6/21

8-12NOON

STAFF AT SHS

\$390

**WELLNESS 10 (HEALTH/PHYSICAL EDUCATION) (HIGH SCHOOL CREDIT AWARDED) (GRADE 10)
(NO CLASS JULY 5, 2021)**

"FIT FOR LIFE"

This course, which combines physical education and health, will provide knowledge, skills and participation in a wide range of activities that support healthy and fit individuals. Students will participate in both team and individual activities such as a cardio fit unit, personal fitness (including the Connecticut Physical Fitness Test-CPFT) diamond games and badminton. In addition, students will expand their knowledge through topics such as decision-making, smart goals, nutrition and lifestyle disease, sexually transmitted infections (STI's,) human growth and development, sexual decision-making and effective communication. (MONDAY-FRIDAY CLASSES) MAX CLASS SIZE IS 25 STUDENTS. FIRST COME, FIRST SERVED.

SA-10 4 WKS. BEG. 6/21

8-12NOON

STAFF AT SHS

\$390

HEALTH 11 (HEALTH) (HIGH SCHOOL CREDIT AWARDED) (GRADE 11) (NO CLASS JULY 5, 2021)

"LEADERSHIP AND ADVOCACY"

In this course students will provide knowledge, skills, and the opportunity to practice leadership and advocacy skills. These skills include creative problem solving, appropriate risk taking, listening to someone else's perspective, and coming to a compromise with someone else. In addition, students will develop and lead a group advocacy campaign for their peers in order to demonstrate the ability to access and evaluate sources, accurately identify the reasons that teenagers participate in unhealthy behaviors, and accurately evaluate work of self and others. The topics chosen address contemporary teenage health issues, providing knowledge and skills for students. In addition, students will discuss the following health topics: HIV/AIDS (historical, political, economic and social impact), substance use and abuse, wellness (nutrition, physical activity, mental health, stress management), and teen dating violence.

(MONDAY-FRIDAY CLASSES) MAX CLASS SIZE IS 25 STUDENTS. FIRST COME, FIRST SERVED.

SA-11 4 WKS. BEG. 6/21

8-12NOON

STAFF AT SHS

\$390

LIFETIME ACTIVITIES 11 (PHYSICAL EDUCATION) (HIGH SCHOOL CREDIT AWARDED) (GRADE 11) (NO CLASS JULY 5, 2021)

"DIVERSITY AND LEADERSHIP"

This course expands the students' knowledge, skills, and participation in a variety of physical education activities that encompasses leadership and diversity skills. These skills include creative problem solving, appropriate risk taking, listening to someone else's perspective, and coming to a compromise with someone else. Units in this course will expand on previous experiences from other courses plus the opportunity to explore new activities, such as, ballroom dance, climbing, diversity games, fitness (yoga, power walking, weight room, mindfulness) net games (class choice), golf/tennis and intramural sports (college). Prerequisite: Grade 9 and Grade 10 Wellness

PRIORITY FOR THIS COURSE WILL BE GIVEN TO ANY GRADE 11 STUDENT.