



EAHS Summer School 2020

Course Offerings

Course: Physical Education 1 (Traditional)

Grade(s): 9

Honors Point: n/a

Course Fee: n/a

Prerequisite: n/a

Course #: SSPE9

Course Description:

This course focuses on relevant, up to date concepts related to physical fitness, personal wellness, and lifetime activity. Activities in this class will be geared toward creating a greater understanding and appreciation of what achieving these goals can do for a person, and will be achieved by the student actively participating in various fitness activities along with several team sports that will be a part of the class as well. Introduction of swimming skills, and water safety skills are emphasised.

Special Notes:

Physical Education 1 is a required course for graduation from EAHS. Boys are required to have swim trunks and girls a one piece athletic swimsuit for the swim portion of this class. All students must bring goggles and a towel.

Course: Health (Traditional)

Grade(s): 9

Honors Point: n/a

Course Fee: n/a

Prerequisite: n/a

Course #: SSHLT

Course Description:

The focus of this class is to help students develop and foster an attitude of caring and responsibility for their overall level of health and wellness that will last throughout their lifetime. The emphasis of the class is on teaching and helping students develop health skills that will help them accomplish these goals. Some of the skills taught will include but are not limited to decision making skills, goal setting skills, conflict resolution skills, communication skills, health advocacy skills, refusal skills, and self- management skills. Units of Study in which these skills will be incorporated include: Alcohol, Tobacco, and Other Drug Abuse, Mental Health, Depression, and Suicide Awareness, Family Life and Human Sexuality, along with other material as time permits.

Special Notes:

Health 9 is required for graduation from Elkhorn Area High School.

Course: Strength and Conditioning (.5 Credit, Traditional)

Grade(s): 10-12

Honors Point: n/a

Course Fee: n/a

Prerequisite: n/a

Course #: ST1012

Course Description:

The course is designed to aid students in developing a better understanding of weight training techniques and strategies. Students will use this information in the development of a personal strength training program. Students will use a variety of weight lifting techniques on both free weights and select drive machines to aid them in accomplishing these tasks. There will be an emphasis on strength and speed improvement throughout the semester, and students will complete at least 3 max lifts on the bench press, squat, and either deadlift or power clean. Weekly agility training and cardiovascular runs are a part of the course.

Special Notes:

Summer Strength and Conditioning is a 1/2 credit Physical Education course that can be taken as required or elective. This course does not replace PE 1. Summer Strength and Conditioning meets face-to-face only, for two hours a day for 6 weeks. **Times are: 8:00 am - 10:00 am and 10:00 am - 12:00 pm.** Flexible make-up dates are offered. Students will also be expected to complete online activities, including readings and quizzes. The final exam will include both physical testing, as well as creating a fitness program that focuses on improving strength, speed, and conditioning.

Course: Strength and Conditioning (.25 Credit, Traditional)

Grade(s): 9-12**Honors Point:** n/a**Course Fee:** n/a**Prerequisite:** n/a**Course #:** ST912**Course Description:**

The course is designed to aid students in developing a better understanding of weight training techniques and strategies. Students will use a variety of weight lifting techniques on both free weights and select drive machines to aid them in accomplishing these tasks. There will be an emphasis on strength and speed improvement throughout the session, and students will complete at least 3 max lifts on the bench press, squat, and either deadlift or power clean. At minimum, weekly agility training and cardiovascular runs are a part of the course.

Special Notes:

This summer Strength and Conditioning course is a .25 credit Physical Education course that can be taken as an elective only. It will meet from **6:30-8AM, Monday-Thursday for six weeks**, with several make-up dates available.

Course: Personal Financial Literacy (Blended)

Grade(s): 11-12**Honors Point:** n/a**Course Fee:** n/a**Prerequisite:** n/a**Course #:** SSPFL**Course Description:**

Personal Financial Literacy is a course designed to help students learn to make wise economic decisions in their personal lives. Students learn to find, evaluate, and apply financial information using various tools and methods; set financial goals, develop savings plans, evaluate and use financial services effectively; meet financial obligations, and build and protect personal wealth.

Special Notes:

This summer school class begins on Tuesday June 9th, 2020. We will meet every Monday, Tuesday, and Wednesday, and will have online class days on Thursday and Friday. We will have 2 sessions per day, the first session will be 8:00am-9:55am and the second session will be 10:00am-11:55am. Each student will need to have a chromebook, notebook, and writing utensils for this class.

Course: US Government (Blended)

Grade(s): 11-12**Honors Point:** n/a**Course Fee:** n/a**Prerequisite:** n/a**Course #:** SSG**Course Description:**

Government is a one semester required course in which different forms of government are studied. Emphasis is on the American system of government. This is a survey course which studies the Constitution, voting, Congress, Presidency, courts, and state/local government. Current political events are stressed throughout the term.

Special Notes:

This summer school class begins on Tuesday June 9th, 2020. We will meet every Monday, Tuesday, and

Wednesday, and will have online class days on Thursday and Friday. We will have 2 sessions per day, the first session will be 8:00am-9:55am and the second session will be 10:00am-11:55am. Each student will need to have a chromebook, notebook, and writing utensils for this class.

Course: English 12A and 12B (Blended) 1 credit

Grade(s): 12

Honors Point: n/a

Course Fee: n/a

Prerequisite: n/a

Course #: SSENG

Course Description:

English 12 is a course which focuses on written as well as oral communication in conjunction with 21st Century Skills. Students will be expected to complete their college entrance essay, scholarship application and/or resume and cover letter, and a farewell address to their classmates.

Times will be determined by enrollees, but this course most often meets late afternoons/evenings 2-3 times per week. Students will enroll in both 12A and 12B for a full credit of English. Office hours are also available to accommodate planned absences.

Course: Foods (.5 credit)

Grade(s): 9-12

Honors Point: n/a

Course Fee: \$20.00

Prerequisite: n/a

Course #: SSFCE

Course Description:

Foods is an introductory course that provides students with the skills and techniques necessary for success in their home kitchen. Foods focuses on safety and sanitation and offers culinary experiences that focus on the major food groups including dairy, eggs, grains, fruits, and vegetables. Students will leave this class able to prepare food for themselves and others.

Special Notes:

This class is the first in the Culinary Arts program and is a prerequisite for Culinary 1. This class begins on Tuesday June 9th, 2020. We will meet Monday through Friday each of the six weeks. We will have 2 sessions per day, the first session will be 8:00am-9:55am and the second session will be 10:00am-11:55am. Each student will need to have a chromebook, notebook, and writing utensils for this class.

Any student who anticipates missing lab time should visit with the instructors *prior to the absence*. Students will be required to document make up lab time to receive credit.

Additional Information:

Summer school begins on Tuesday, June 9 and ends on Friday, July 24 (there are no classes from June 29-July 5). Traditional classes meet five days a week for six weeks, with the exception of the .25 Strength and Conditioning course that meets Monday through Thursday. Blended classes will meet on Monday, Tuesday, and Wednesday of each week. Blended classes do not meet at the high school on Thursdays and Fridays; however, students will be expected to complete work using their online platforms equivalent to those two days of class. On a daily basis, summer school runs from 8-12pm with two periods per day.

- Period 1: 8-9:55am
- Period 2: 10-11:55am

Transportation is provided to and from EAHS (except out-of-district students on the days that classes meet (7:50am arrival/12:00pm departure) for the following weeks:

- 6/15-6/19
- 6/22-6/26
- 7/6-7/10
- 7/13-7/17

There is no transportation provided the following weeks of summer school:

- 6/9- 6/12
- 7/20-7/24