FHS Family Counseling Night

9th Grade – Class of 2029



Meet Your Counseling Team



Vanessa Goulart
Counselor
Last Names:
A-C



Sandy Woosley
Counselor
Last Names:
A-C



Sherry Fazzio
Counselor
Last Names:
D-HUR



Ana Franco
Counselor
Last Names:
HUS-MEK



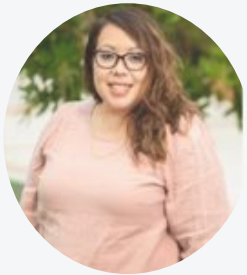
Dan Amezquita
Counselor
Last Names:
MEL-ROM



Eric Medeiros
Counselor
Last Names:
RON-Z



Susan Rocha
Guidance AP



Lorena Moreno
Guidance Support



Adriana Magallon
College and Career Advisor

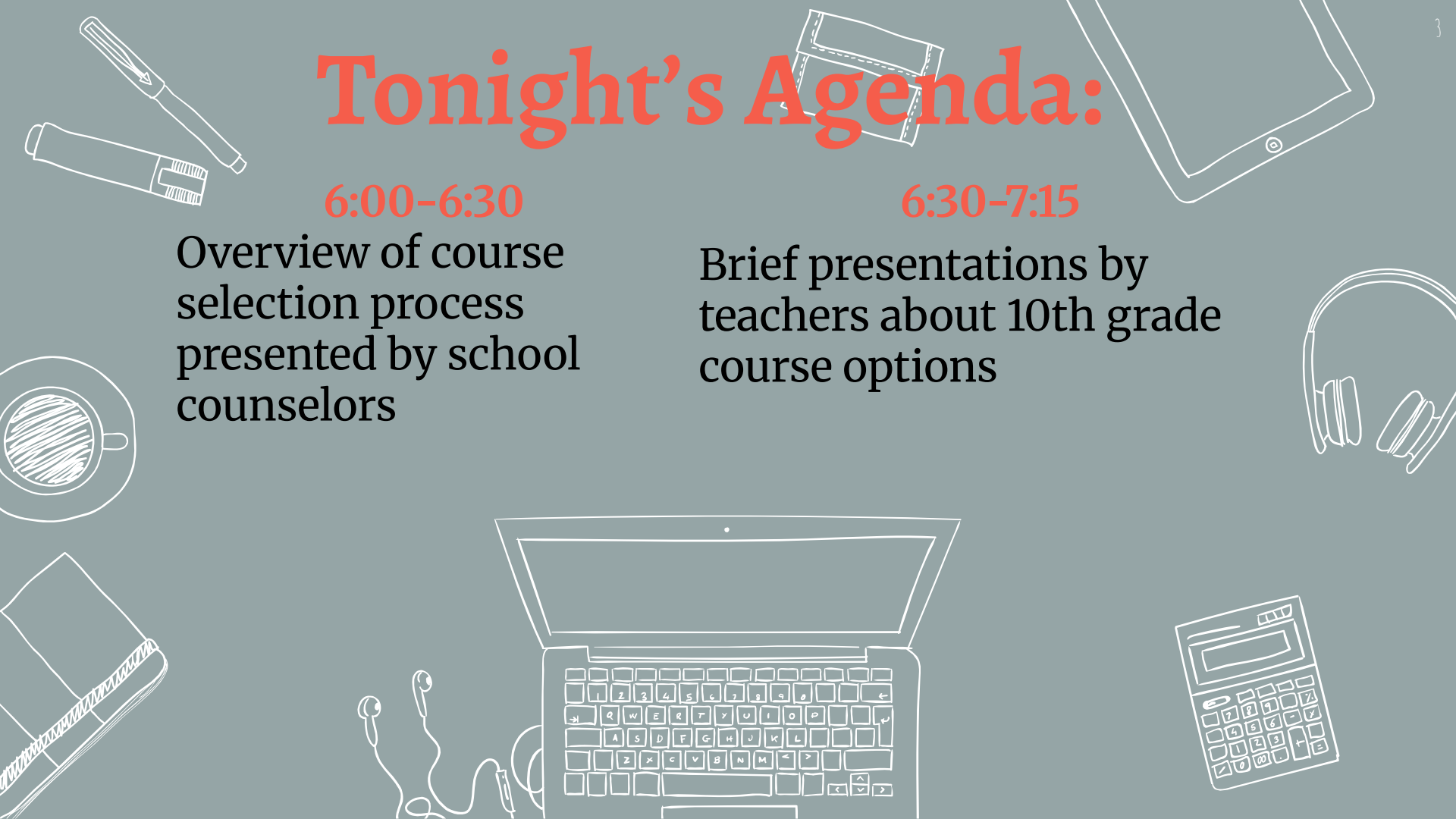
Tonight's Agenda:

6:00-6:30

Overview of course selection process presented by school counselors

6:30-7:15

Brief presentations by teachers about 10th grade course options



Course Selection Timeline

- **January 19th - 23rd -** School Wide Conversations
- **February 12th - 13th -** Choose courses for next year (English class)
- **March 31st -** Course Verification Forms will be sent via Informed K12
- **April 3rd -** Any requests to change must be submitted by
- **Final schedule will be available before school begins**

COURSE SELECTION - 10TH GRADE

1. World Literature
2. World History
3. Math
    a. Choose next level math course
    b. Sign up for the math class you plan to take in 10th grade. (Ex: 9th grade in Algebra 1, summer Geometry class planned, sign up for Algebra 2 or Algebra 2/Trig on your course request form.) If your summer plans change, you MUST let us know by **April 3rd** so we can update your course requests
4. Science (choose a physical science)
5. Elective #1 (PE*, fine art, applied academic, World Language)
6. Elective #2

*Note: sports count for PE credits beginning in 10th

[For 4-year university, must take World Lang (2 yr) and Fine Art (1 yr)]

Balanced Schedule

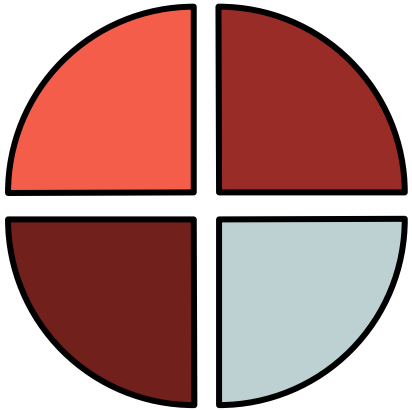


REQUIRED CLASSES

Make sure you have what you need for graduation

AP/HONORS

Did you sign up for too many or have you challenged yourself to try one?



Have you considered other commitments next year (ex: college apps)

ACTIVITIES

Make sure you have time for healthy habits such as rest and exercise

SELF-CARE

Course Selection Resources

Promoting Student Wellness

- Sleep (8-9 hours ideal)
- Social time with friends (preferably in person)
- Limits on technology (especially around bedtime)
- Physical activity for mental health (3-5 times/week)
- Time for family connection
- Healthy communication (listening, validating, joint problem solving)

One important way we can promote wellness in our children is by modeling these behaviors for them (as much as possible).

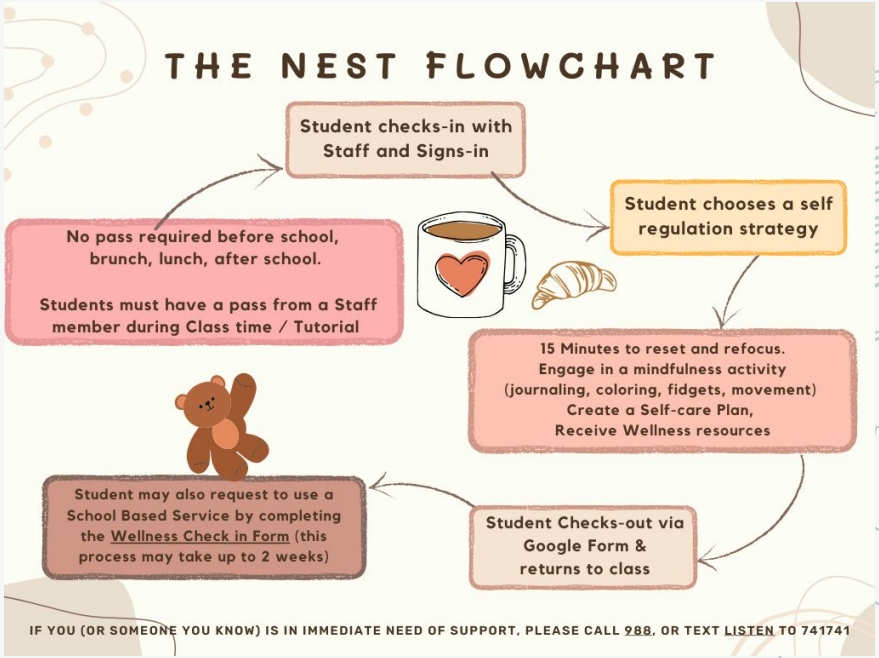
The Nest - Wellness Center

Open: Before School, Brunch
Lunch & After School

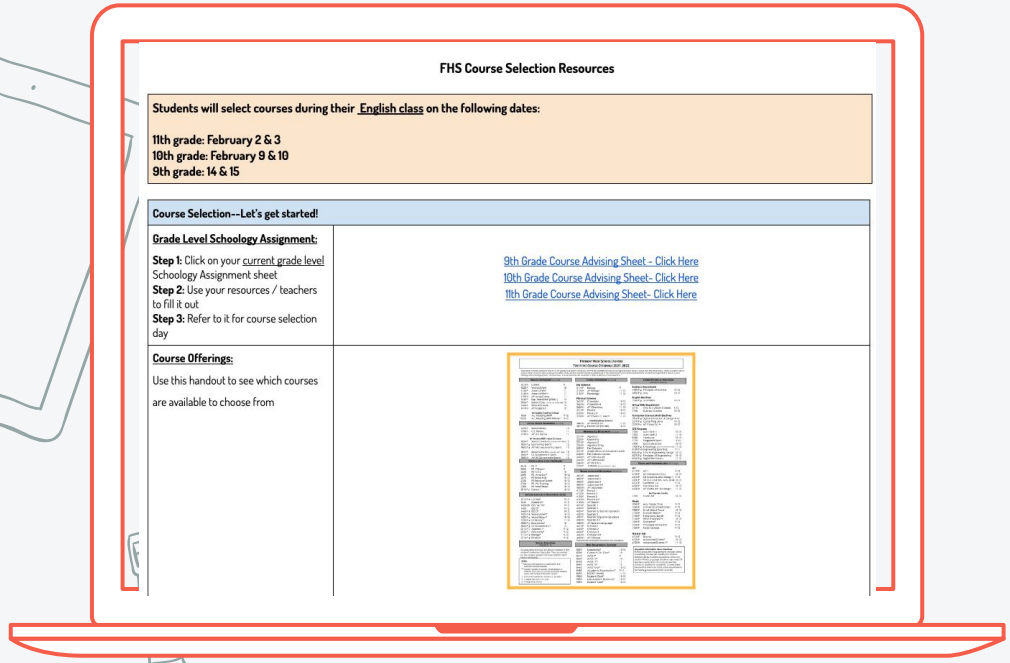
Room A - 101

Pass Required: Class Time / Tutorial





Course Selection Folder


FHS Course Selection Resources

Students will select courses during their English class on the following dates:

11th grade: February 2 & 3
10th grade: February 9 & 10
9th grade: 14 & 15

Course Selection--Let's get started!	
Grade Level Schoology Assignment: **Step 1:** Click on your current grade level Schoology Assignment sheet **Step 2:** Use your resources / teachers to fill it out **Step 3:** Refer to it for course selection day	9th Grade Course Advising Sheet - Click Here 10th Grade Course Advising Sheet- Click Here 11th Grade Course Advising Sheet- Click Here
Course Offerings: Use this handout to see which courses are available to choose from	

SCHOOLOGY FOLDER

FILL OUT - DO NOT SUBMIT:

- Course Advising Sheet
- Time Management Activity & Homework Calculation Guide

RESOURCES:

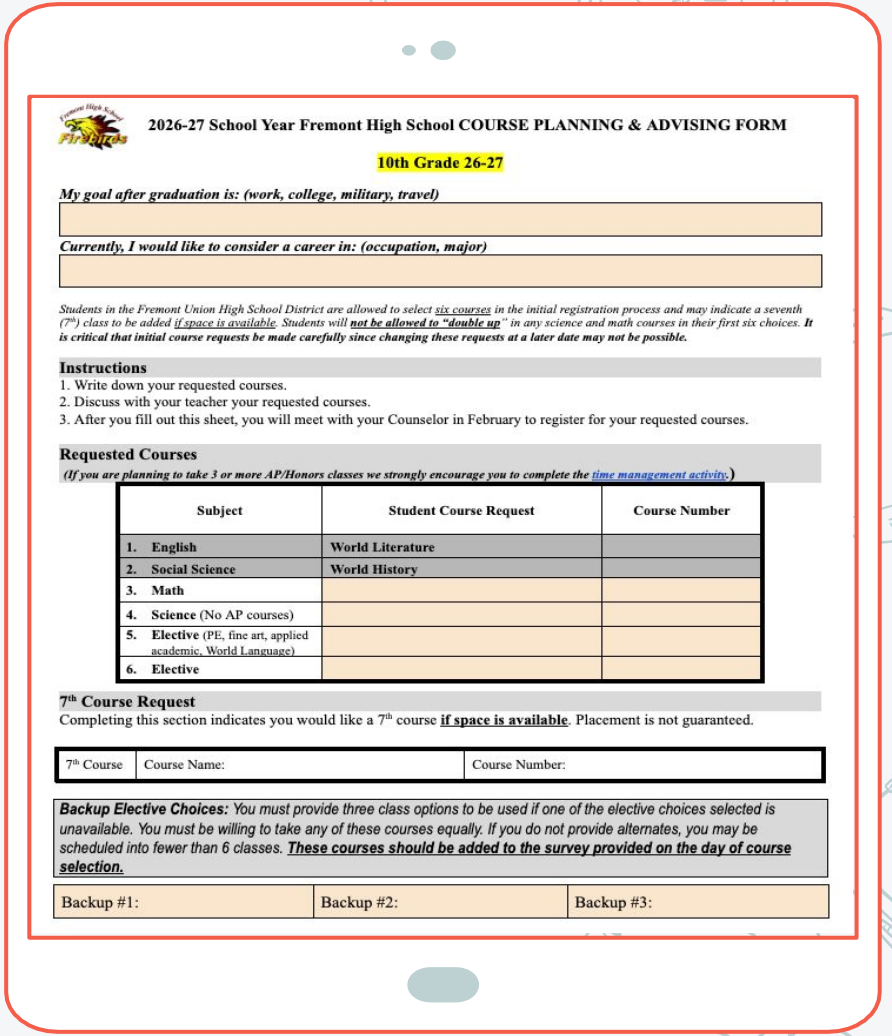
- FHS Course Offerings Resource sheet
- Math Course Sequence
- AP/Honors Agreement

PRESENTATIONS:

- Counseling Course Selection Advisory video and slides

Course Advising Sheet

- We suggest students use this form to prepare for course selection.
- Please talk with current teachers about next year's options.



2026-27 School Year Fremont High School COURSE PLANNING & ADVISING FORM

10th Grade 26-27

My goal after graduation is: (work, college, military, travel)

Currently, I would like to consider a career in: (occupation, major)

Students in the Fremont Union High School District are allowed to select six courses in the initial registration process and may indicate a seventh (7th) class to be added if space is available. Students will ***not be allowed to "double up"*** *in any science and math courses in their first six choices.* ***It is critical that initial course requests be made carefully since changing these requests at a later date may not be possible.***

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses.
3. After you fill out this sheet, you will meet with your Counselor in February to register for your requested courses.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. **English**	**World Literature**	
2. **Social Science**	**World History**	
3. **Math**		
4. **Science** (No AP courses)		
5. **Elective** (PE, fine art, applied academic, World Language)		
6. **Elective**		

7th Course Request

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed.

7th Course	Course Name:	Course Number:

Backup Elective Choices: *You must provide three class options to be used if one of the elective choices selected is unavailable. You must be willing to take any of these courses equally. If you do not provide alternates, you may be scheduled into fewer than 6 classes.* ***These courses should be added to the survey provided on the day of course selection.***

Backup #1:	Backup #2:	Backup #3:

School-Wide Conversations

Instructions

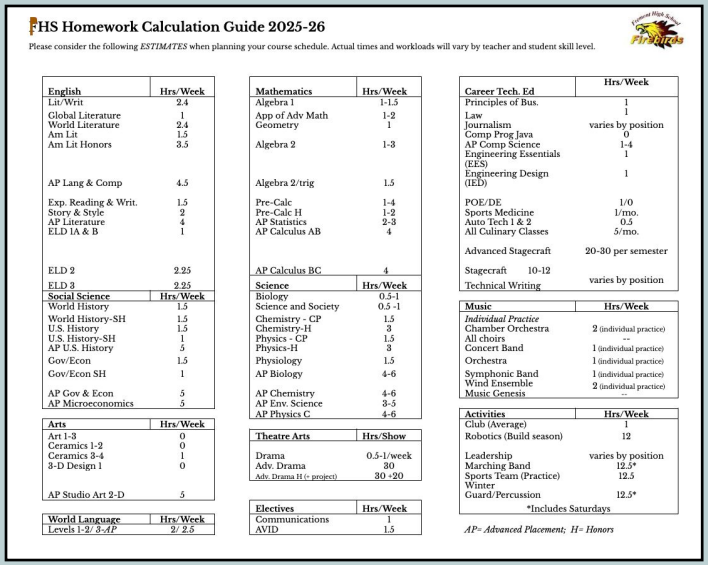
1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

Subject	Student Course Request	Course Number
1. English	World Literature	
2. Social Science	World History	
3. Math		
4. Science		
5. Elective		
6. Elective		

Teachers give recommendations, but ultimately it is a family decision.

Homework Calculation Guide & Time Management Activity



FHS Homework Calculation Guide 2025-26

Please consider the following *ESTIMATES* when planning your course schedule. Actual times and workloads will vary by teacher and student skill level.

English	Hrs/Week
Lit/Writ	2.4
Global Literature	1
World Literature	2.4
Am Lit	1.5
Am Lit Honors	3.5
AP Lang & Comp	4.5
Exp. Reading & Writ.	1.5
Story & Style	2
AP Literature	4
ELD 1A & B	1
ELD 2	2.25
ELD 3	2.25

Social Science	Hrs/Week
World History	1.5
World History-SH	1.5
U.S. History	1.5
U.S. History-SH	1
AP U.S. History	5
Gov/Econ	1.5
Gov/Econ SH	1
AP Gov & Econ	5
AP Microeconomics	5

Arts	Hrs/Week
Art 1-3	0
Ceramics 1-2	0
Ceramics 3-4	1
3-D Design 1	0
AP Studio Art 2-D	5

World Language	Hrs/Week
Levels 1-2/ 3-AP	2/ 2.5

Mathematics	Hrs/Week
Algebra 1	1-1.5
App of Adv Math	1-2
Geometry	1
Algebra 2	1-3
Algebra 2/trig	1.5
Pre-Calc	1-4
Pre-Calc H	1-2
AP Statistics	2-3
AP Calculus AB	4
AP Calculus BC	4

Science	Hrs/Week
Biology	0.5-1
Science and Society	0.5 -1
Chemistry - CP	1.5
Chemistry-H	3
Physics - CP	1.5
Physics-H	3
Physiology	1.5
AP Biology	4-6
AP Chemistry	4-6
AP Env. Science	3-5
AP Physics C	4-6

Theatre Arts	Hrs/Show
Drama	0.5-1/week
Adv. Drama	30
Adv. Drama H (+ project)	30 +20

Electives	Hrs/Week
Communications	1
AVID	1.5

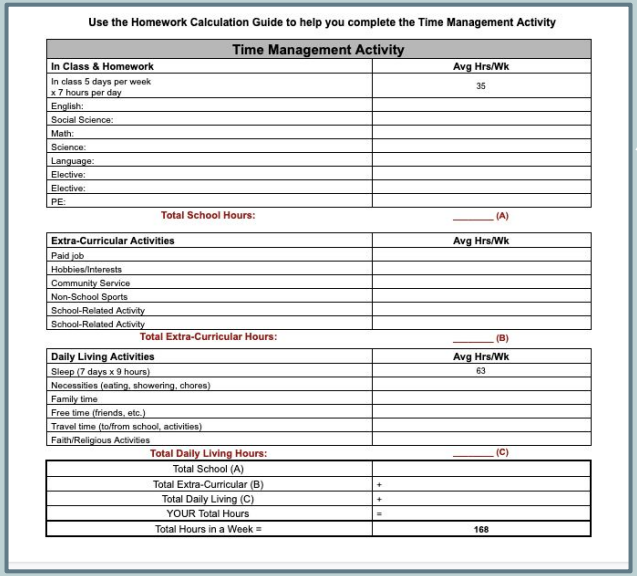
Career Tech. Ed	Hrs/Week
Principles of Bus.	1
Law	1
Journalism	varies by position
Comp Prog Java	0
AP Comp Science	1-4
Engineering Essentials (EES)	1
Engineering Design (IED)	1
POE/DE	1/0
Sports Medicine	1/mo.
Auto Tech 1 & 2	0.5
All Culinary Classes	5/mo.
Advanced Stagecraft	20-30 per semester
Stagecraft 10-12	varies by position
Technical Writing	

Music	Hrs/Week
Individual Practice	
Chamber Orchestra	2 (individual practice)
All choirs	--
Concert Band	1 (individual practice)
Orchestra	1 (individual practice)
Symphonic Band	1 (individual practice)
Wind Ensemble	2 (individual practice)
Music Genesis	--

Activities	Hrs/Week
Club (Average)	1
Robotics (Build season)	12
Leadership	varies by position
Marching Band	12.5*
Sports Team (Practice)	12.5
Winter Guard/Percussion	12.5*

*Includes Saturdays

AP= Advanced Placement; H= Honors



Use the Homework Calculation Guide to help you complete the Time Management Activity

Time Management Activity

In Class & Homework	Avg Hrs/Wk
In class 5 days per week x 7 hours per day	35
English:	
Social Science:	
Math:	
Science:	
Language:	
Elective:	
Elective:	
PE:	

Total School Hours: _____ (A)

Extra-Curricular Activities	Avg Hrs/Wk
Paid job	
Hobbies/Interests	
Community Service	
Non-School Sports	
School-Related Activity	
School-Related Activity	

Total Extra-Curricular Hours: _____ (B)

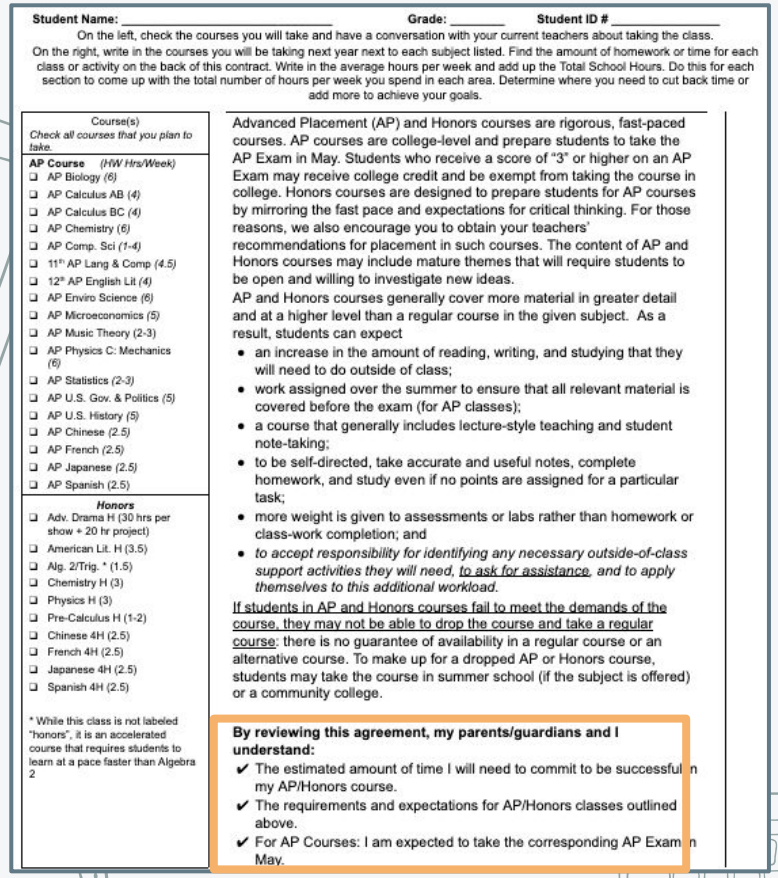
Daily Living Activities	Avg Hrs/Wk
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores)	
Family time	
Free time (friends, etc.)	
Travel time (to/from school, activities)	
Faith/Religious Activities	

Total Daily Living Hours: _____ (C)

Total School (A)	
Total Extra-Curricular (B)	+
Total Daily Living (C)	+
YOUR Total Hours	=
Total Hours in a Week =	168

- Time Management Activity found on the Homework Calculation Guide.
- This will help you make class choices while maintaining balance and ensuring you have time for other activities.

AP/Honors Agreement



Student Name: _____ **Grade:** _____ **Student ID #** _____

On the left, check the courses you will take and have a conversation with your current teachers about taking the class. On the right, write in the courses you will be taking next year next to each subject listed. Find the amount of homework or time for each class or activity on the back of this contract. Write in the average hours per week and add up the Total School Hours. Do this for each section to come up with the total number of hours per week you spend in each area. Determine where you need to cut back time or add more to achieve your goals.

Course(s)
Check all courses that you plan to take.

AP Course *(HW Hrs/Week)*

- ❑ AP Biology *(6)*
- ❑ AP Calculus AB *(4)*
- ❑ AP Calculus BC *(4)*
- ❑ AP Chemistry *(6)*
- ❑ AP Comp. Sci *(1-4)*
- ❑ 11th AP Lang & Comp *(4.5)*
- ❑ 12th AP English Lit *(4)*
- ❑ AP Enviro Science *(6)*
- ❑ AP Microeconomics *(5)*
- ❑ AP Music Theory (2-3)
- ❑ AP Physics C: Mechanics *(6)*
- ❑ AP Statistics *(2-3)*
- ❑ AP U.S. Gov. & Politics *(5)*
- ❑ AP U.S. History *(5)*
- ❑ AP Chinese *(2.5)*
- ❑ AP French *(2.5)*
- ❑ AP Japanese *(2.5)*
- ❑ AP Spanish (2.5)

Honors

- ❑ Adv. Drama H (30 hrs per show + 20 hr project)
- ❑ American Lit. H (3.5)
- ❑ Alg. 2/Trig. * (1.5)
- ❑ Chemistry H (3)
- ❑ Physics H (3)
- ❑ Pre-Calculus H (1-2)
- ❑ Chinese 4H (2.5)
- ❑ French 4H (2.5)
- ❑ Japanese 4H (2.5)
- ❑ Spanish 4H (2.5)

* While this class is not labeled "honors", it is an accelerated course that requires students to learn at a pace faster than Algebra 2

Advanced Placement (AP) and Honors courses are rigorous, fast-paced courses. AP courses are college-level and prepare students to take the AP Exam in May. Students who receive a score of "3" or higher on an AP Exam may receive college credit and be exempt from taking the course in college. Honors courses are designed to prepare students for AP courses by mirroring the fast pace and expectations for critical thinking. For those reasons, we also encourage you to obtain your teachers' recommendations for placement in such courses. The content of AP and Honors courses may include mature themes that will require students to be open and willing to investigate new ideas.

AP and Honors courses generally cover more material in greater detail and at a higher level than a regular course in the given subject. As a result, students can expect

- an increase in the amount of reading, writing, and studying that they will need to do outside of class;
- work assigned over the summer to ensure that all relevant material is covered before the exam (for AP classes);
- a course that generally includes lecture-style teaching and student note-taking;
- to be self-directed, take accurate and useful notes, complete homework, and study even if no points are assigned for a particular task;
- more weight is given to assessments or labs rather than homework or class-work completion; and
- *to accept responsibility for identifying any necessary outside-of-class support activities they will need, to ask for assistance, and to apply themselves to this additional workload.*

If students in AP and Honors courses fail to meet the demands of the course, they may not be able to drop the course and take a regular course: there is no guarantee of availability in a regular course or an alternative course. To make up for a dropped AP or Honors course, students may take the course in summer school (if the subject is offered) or a community college.

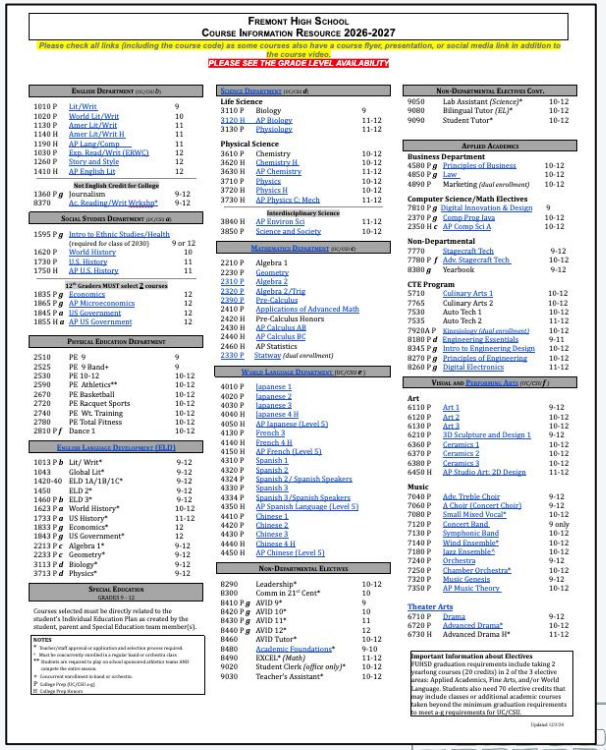
By reviewing this agreement, my parents/guardians and I understand:

- ✔ The estimated amount of time I will need to commit to be successful in my AP/Honors course.
- ✔ The requirements and expectations for AP/Honors classes outlined above.
- ✔ For AP Courses: I am expected to take the corresponding AP Exam in May.

- AP Agreement must be reviewed to understand the expectations and demands of AP/Honors classes.
- Choose AP/Honors courses carefully and understand that there may not be space available for you to change your schedule once school starts.

NEW!:

Course Offerings Resource Sheet



Fremont High School
Course Information Resource 2026-2027

Please check all links (including the course code) as some courses also have a course flyer, presentation, or social media link in addition to the course video.

PLEASE SEE THE GRADE LEVEL AVAILABILITY

English Department (UC/CSU b)

1010 P	Lit/Writ	9
1020 P	World Lit/Writ	10
1130 P	Amer Lit/Writ	11
1140 H	Amer Lit/Writ H	11
1190 H	AP Lang/Comp	11
1030 P	Engl. Read/Writ (ERWC)	12
1260 P	Story and Style	12
1410 H	AP English Lit	12
	Int English Credit for College	
1360 P *g*	Journalism	9-12
8370	Ac. Reading/Writ Wrkshp*	9-12

Social Studies Department (UC/CSU a)

1595 P *g*	Intro to Ethnic Studies/Health (required for class of 2030)	9 or 12
1620 P	World History	10
1730 P	U.S. History	11
1750 H	AP U.S. History	11
	12th Graders MUST select 2 courses	
1835 P *g*	Economics	12
1865 P *g*	AP Microeconomics	12
1845 P *a*	US Government	12
1855 H *a*	AP US Government	12

Physical Education Department

2510	PE 9	9
2525	PE 9 Band+	9
2530	PE 10-12	10-12
2590	PE Athletics**	10-12
2670	PE Basketball	10-12
2720	PE Racquet Sports	10-12
2740	PE Wt. Training	10-12
2780	PE Total Fitness	10-12
2810 P *f*	Dance 1	10-12

English Language Development (ELD)

1013 P *b*	Lit/ Writ*	9-12
1043	Global Lit*	9-12
1420-40	ELD 1A/1B/1C*	9-12
1450	ELD 2*	9-12
1460 P *b*	ELD 3*	9-12
1623 P *a*	World History*	10-12
1733 P *a*	US History*	11-12
1833 P *g*	Economics*	12
1843 P *g*	US Government*	12
2213 P *c*	Algebra 1*	9-12
2233 P *c*	Geometry*	9-12
3113 P *d*	Biology*	9-12
3713 P *d*	Physics*	9-12

Special Education GRADES 9 - 12

Courses selected must be directly related to the student's Individual Education Plan as created by the student, parent and Special Education team member[s].

NOTES
* Teacher/staff approval or application and selection process required.
** Must be concurrently enrolled in a regular band or orchestra class.
*** Students are required to play on school-sponsored athletic teams AND complete the entire season.
+ Concurrent enrollment in band or orchestra.
^ College Prep (UC/CSU a-g)
~ College Prep Honors

Science Department (UC/CSU d)

	Life Science	
3110 P	Biology	9
3120 H	AP Biology	11-12
3130 P	Physiology	11-12
	Physical Science	
3610 P	Chemistry	10-12
3620 H	Chemistry H	10-12
3630 H	AP Chemistry	11-12
3710 P	Physics	10-12
3720 H	Physics H	10-12
3730 H	AP Physics C: Mech	11-12
	Interdisciplinary Science	
3840 H	AP Environ Sci	11-12
3850 P	Science and Society	10-12

Mathematics Department (UC/CSU c)

2210 P	Algebra 1	
2230 P	Geometry	
2310 P	Algebra 2	
2320 P	Algebra 2/Trig	
2390 P	Pre-Calculus	
2410 P	Applications of Advanced Math	
2420 H	Pre-Calculus Honors	
2430 H	AP Calculus AB	
2460 H	AP Calculus BC	
2460 H	AP Statistics	
2330 P	Statway *(dual enrollment)*	

World Language Department (UC/CSU e)

4010 P	Japanese 1	
4020 P	Japanese 2	
4030 P	Japanese 3	
4040 H	Japanese 4 H	
4050 H	AP Japanese (Level 5)	
4130 P	French 3	
4140 H	French 4 H	
4150 H	AP French (Level 5)	
4310 P	Spanish 1	
4320 P	Spanish 2	
4324 P	Spanish 2 / Spanish Speakers	
4330 P	Spanish 3	
4334 P	Spanish 3/Spanish Speakers	
4350 H	AP Spanish Language (Level 5)	
4410 P	Chinese 1	
4420 P	Chinese 2	
4430 P	Chinese 3	
4440 H	Chinese 4 H	
4450 H	AP Chinese (Level 5)	

Non-Departmental Electives

8290	Leadership*	10-12
8300	Comm in 21st Cent*	10
8410 P *g*	AVID 9*	9
8420 P *g*	AVID 10*	10
8430 P *g*	AVID 11*	11
8440 P *g*	AVID 12*	12
8460	AVID Tutor*	10-12
8480	Academic Foundations*	9-10
8490	EXCEL* *(Math)*	11-12
9020	Student Clerk *(office only)**	10-12
9030	Teacher's Assistant*	10-12

Non-Departmental Electives Cont.

9050	Lab Assistant *(Science)**	10-12
9080	Bilingual Tutor *(ELL)**	10-12
9090	Student Tutor*	10-12

Applied Academics

	Business Department	
4580 P *g*	Principles of Business	10-12
4850 P *g*	Law	10-12
4890 P	Marketing *(dual enrollment)*	10-12
	Computer Science/Math Electives	
7810 P *g*	Digital Innovation & Design	9
2370 P *g*	Comp Prog Java	10-12
2350 H *c*	AP Comp Sci A	10-12
	Non-Departmental	
7770	Stagecraft Tech	9-12
7780 P *f*	Adv. Stagecraft Tech.	10-12
8380 *g*	Yearbook	9-12
	CTE Program	
5710	Culinary Arts 1	10-12
7765	Culinary Arts 2	10-12
7530	Auto Tech 1	10-12
7535	Auto Tech 2	11-12
7920A P	Kinesiology *(dual enrollment)*	10-12
8180 P *d*	Engineering Essentials	9-11
8345 P *g*	Intro to Engineering Design	10-12
8270 P *g*	Principles of Engineering	10-12
8260 P *g*	Digital Electronics	11-12

Visual and Performing Arts (UC/CSU f)

	Art	
6110 P	Art 1	9-12
6120 P	Art 2	10-12
6130 P	Art 3	10-12
6210 P	3D Sculpture and Design 1	9-12
6360 P	Ceramics 1	10-12
6370 P	Ceramics 2	10-12
6380 P	Ceramics 3	10-12
6450 H	AP Studio Art: 2D Design	11-12
	Music	
7040 P	Adv. Treble Choir	9-12
7060 P	A Choir (Concert Choir)	9-12
7080 P	Small Mixed Vocal*	10-12
7120 P	Concert Band	9 only
7130 P	Symphonic Band	10-12
7140 P	Wind Ensemble*	10-12
7180 P	Jazz Ensemble*	10-12
7240 P	Orchestra	9-12
7250 P	Chamber Orchestra*	10-12
7320 P	Music Genesis	9-12
7350 P	AP Music Theory	10-12
	Theater Arts	
6710 P	Drama	9-12
6720 P	Advanced Drama*	10-12
6730 H	Advanced Drama H*	11-12

Important Information about Electives
FUHSD graduation requirements include taking 2 yearlong courses (20 credits) in 2 of the 3 elective areas: Applied Academics, Fine Arts, and/or World Language. Students also need 70 elective credits that may include classes or additional academic courses taken beyond the minimum graduation requirements to meet a-g requirements for UC/CSU.

Updated 12/2/24

- This is a new of course offering resource/library with links of descriptions of the courses we offer
- Keep in mind, this is subject to change for a variety of reasons

Course Selection Questions:

Should I ask my teacher or my counselor?

Teacher Questions

Specific subject/ course questions

- Am I ready to take an Honors or AP class?
- What's the content difference between an Honors or AP class?
- What am I going to do & learn in this class?
- How much homework is given? Class expectations?

Counselor Questions

Overall transcript & scheduling questions

- Based on the rest of my schedule, does it make sense to take this class?
- Outside commitments, am I taking on too much?
- Am I on track for graduation and A-G eligibility?
- Counselors available for drop in questions during brunch and lunch

Things to consider when choosing classes:

- Graduation & College Requirements (A-G)
- Post Secondary Goals/Plan
- Teacher Advice
- Other Time Commitments
- Honors/AP classes*
- Student interest
- 4-Year Plan in Schoology

Requesting a 7th class

- We guarantee 6 classes, which is a full schedule
- There are no guarantees to add a 7th class
- If you don't receive a 7th class, you will have an opportunity to add one during the add lottery (2nd week of school)
- No department "double-ups" (ex. Chem & Physics)
- AVID or Band could potentially be your 7th class
- Student Tutor can be your 7th class

7th Course Request

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7th Course	Course Name:	Course Number:

Summer Classes

- **FUHSD Summer School - For Credit Recovery**
  - Term 1: 6/15-7/2 (no class 6/19)
  - Term 2: 7/6-7/23
  - Complete one semester of one class per term (10 total credits possible for both terms)
  - Classes meet daily and attendance is critical
  - Counselors will be signing students up for Summer School in February/March
- **FUHSD Summer Intensive Geometry - For Students Currently in Algebra**
  - Parents will receive an email and will need to respond by posted date

Summer Classes

- **Summer Classes for Advancement**
  - Typically these courses do not go on the FHS transcript
  - Students need to communicate with us if summer plans change. We will be holding a spot for you in the requested class, and changes may not be possible.
  - You need to research where to take these classes - we will not make recommendations for outside courses
  - Be sure to check the UC A-G Course List for UC/CSU approved courses

Next steps:

1) Students should fill out the **Course Advising Sheet** and **Time Management Activity** found in Schoology to prepare for course selection

2) **February 12th & 13th:** One-on-one with every student to input course requests in Lit/Writ classes

3) **March 31st**: Students will receive course verification list, which will give them an opportunity for requesting changes if needed by **April 3rd**

Counselor Questions?

Math Department

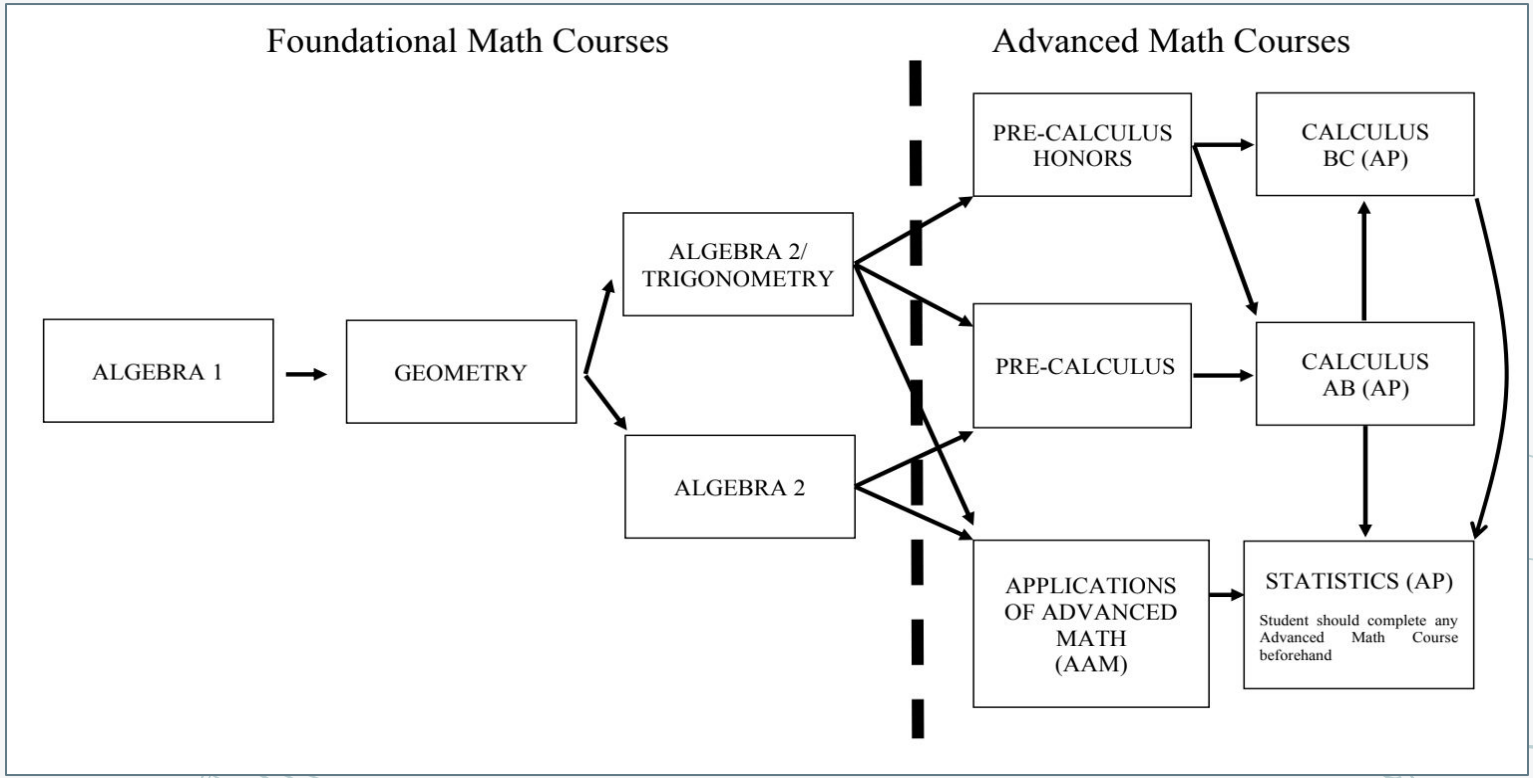
Micaela Kaye and Bob Capriles

Contact:

Math → micaela_kaye@fuhsd.org

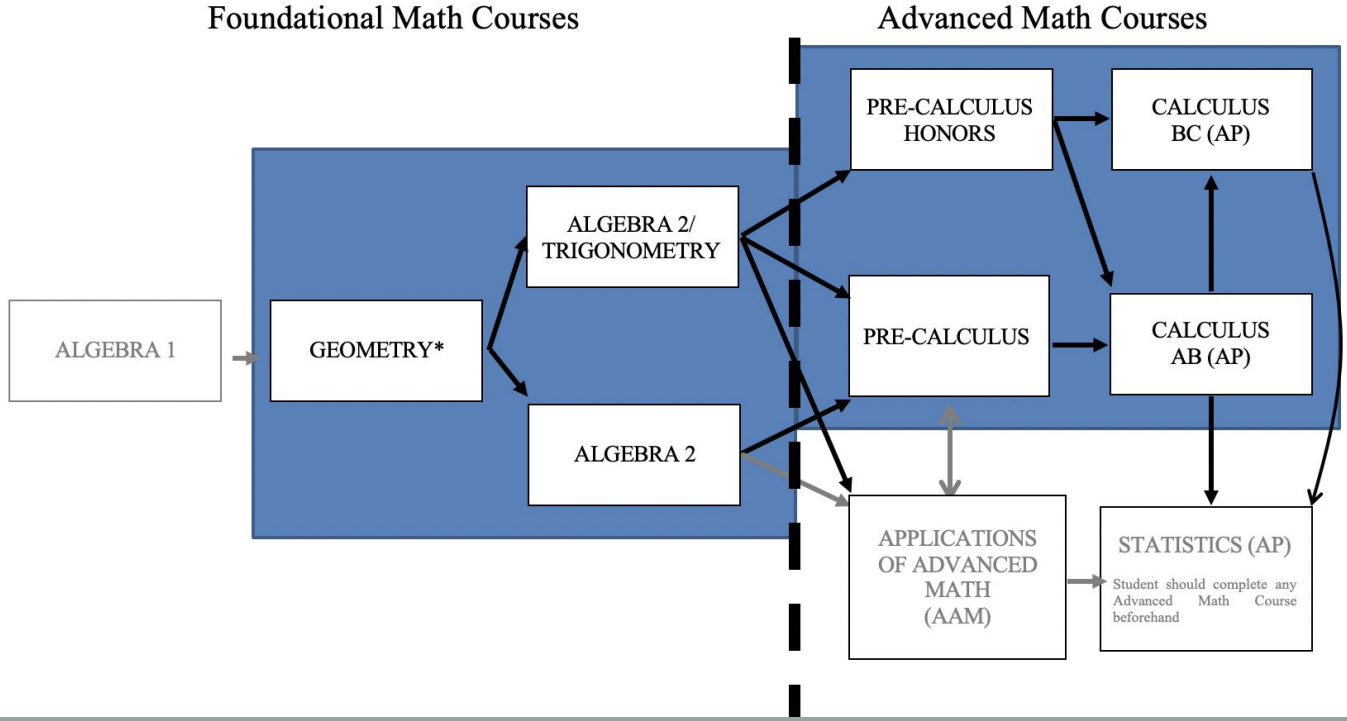
Engineering → bob_capriles@fuhsd.org

Math Course Sequence 2024-2025



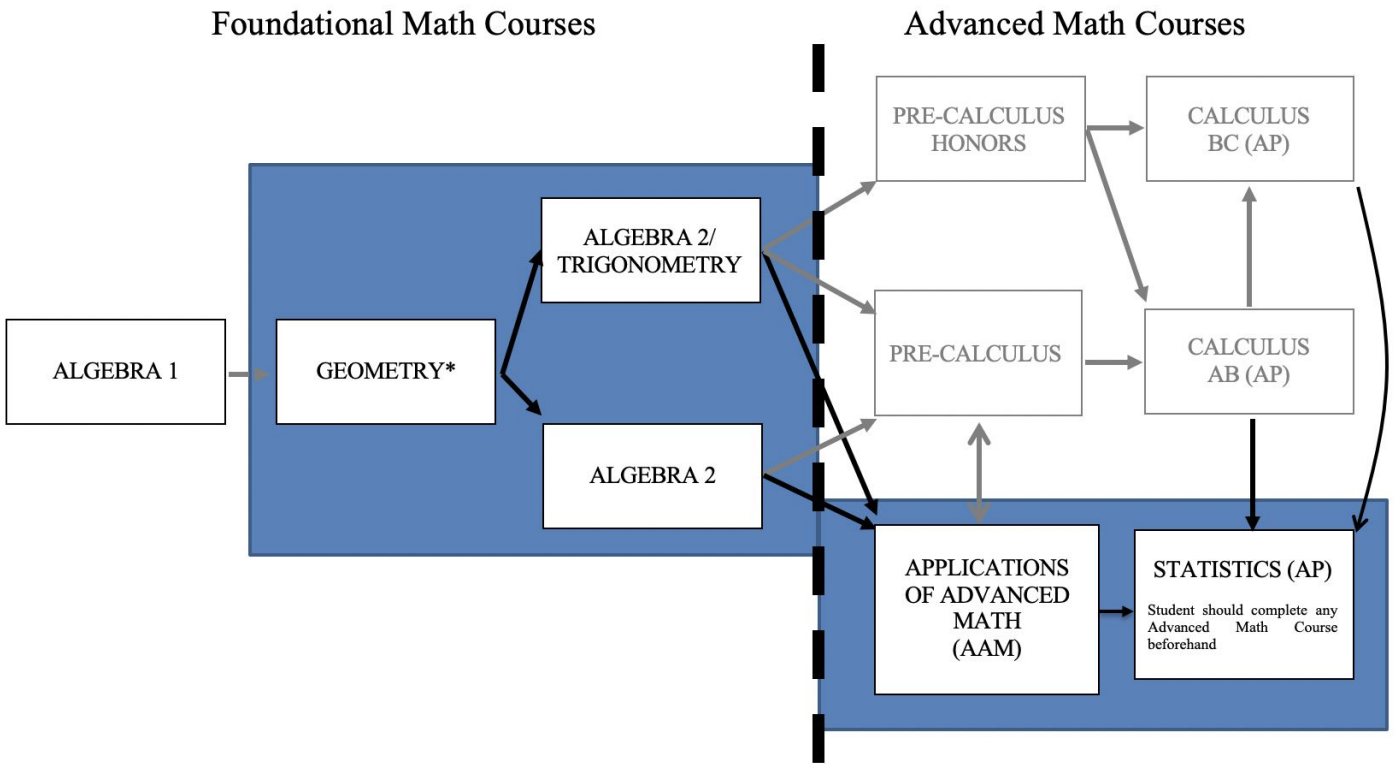
AP Calculus Track

The standard course sequence for students interested in taking AP Calculus.

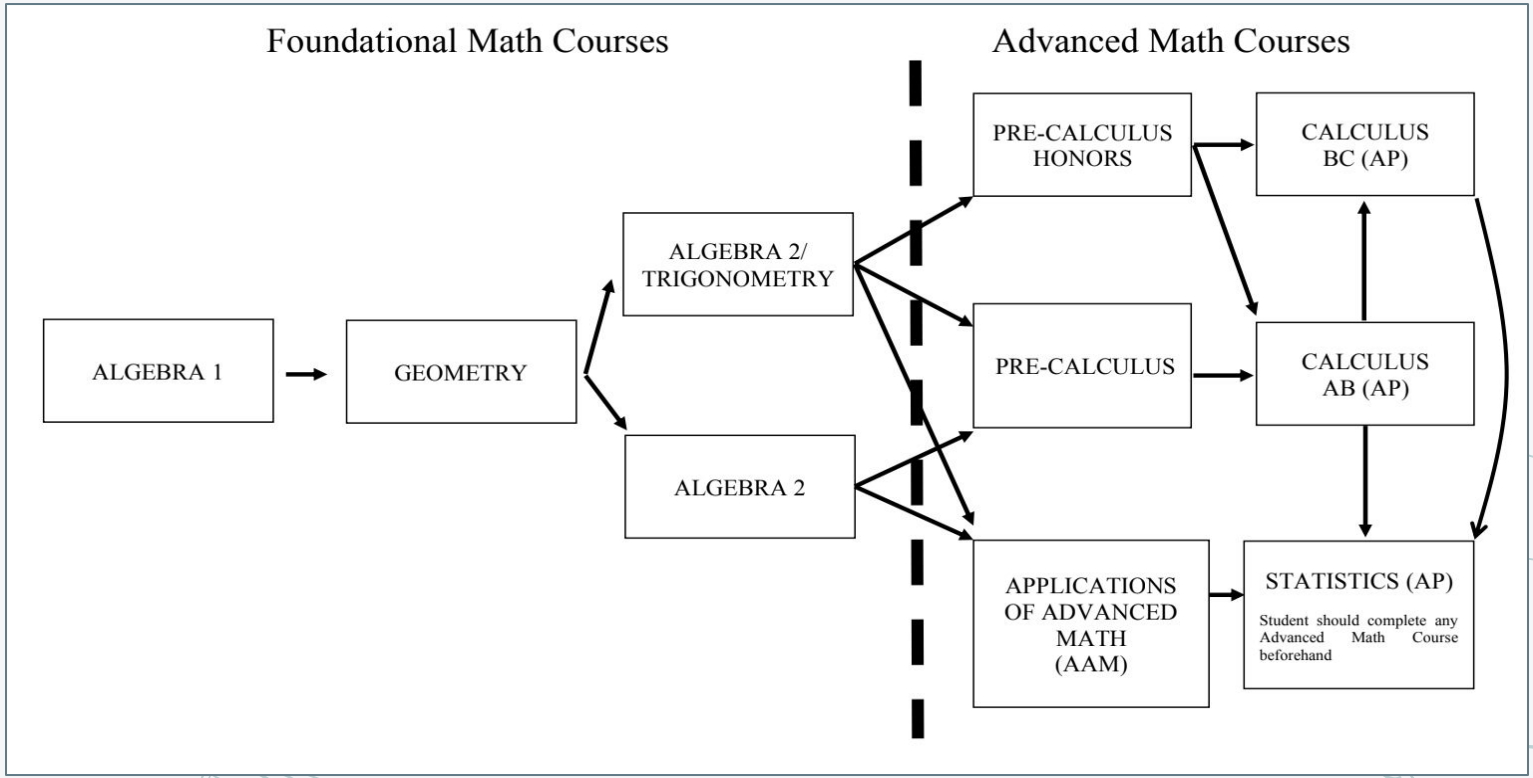


AP Statistics Track

The standard course sequence for students interested in taking AP Statistics.



Math Course Sequence 2024-2025



FHS Engineering Program

Engineering Essentials (EES)

**Must be enrolled in Algebra 1 (or higher)*

Engineering Design (IED)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

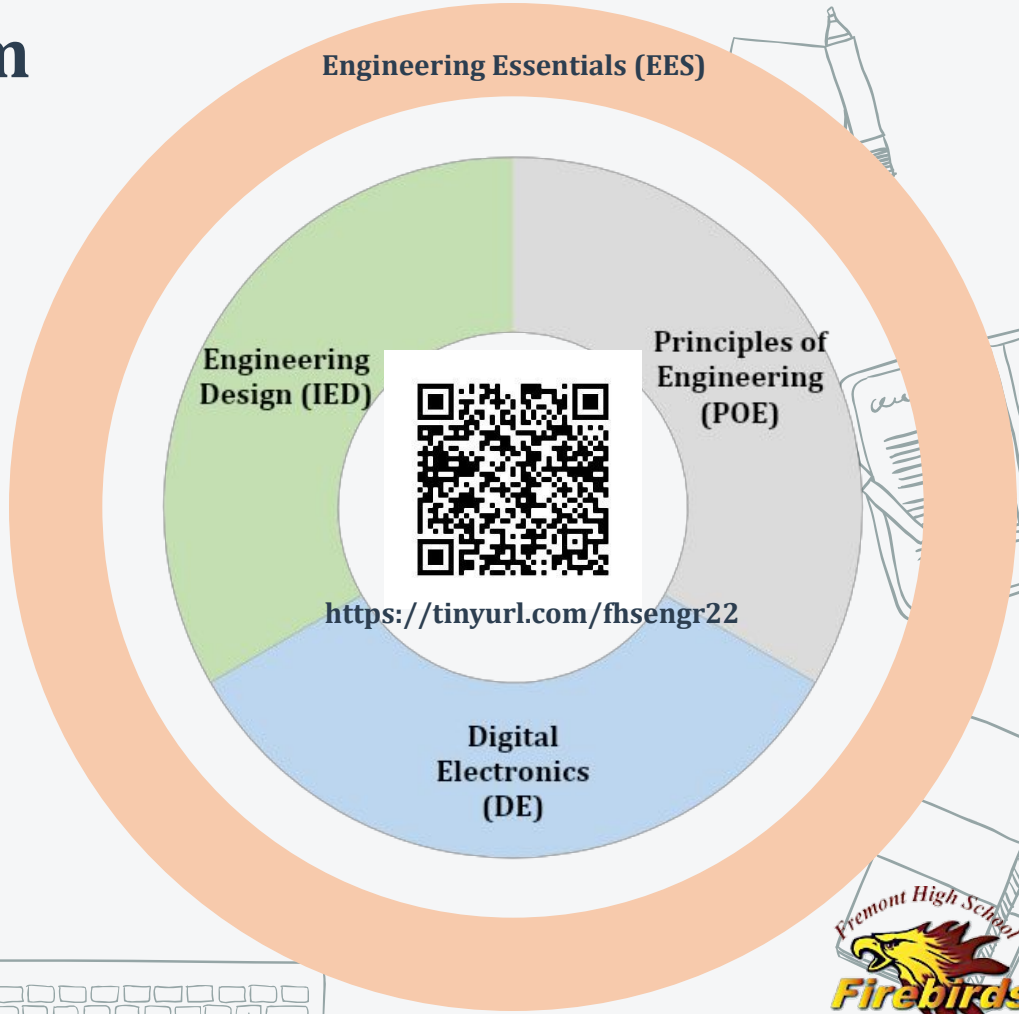
Principles of Engineering (POE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Digital Electronics (DE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Mr. Bob Capriles
bob_capriles@fuhsd.org



Fremont High School
Firebirds

PE DEPARTMENT

Lauren Irwin

Contact: lauren_irwin@fuhsd.org

PE Basketball

A course for students that want to:

- Gain knowledge of basic team basketball skills.
- Better understand the rules of basketball.
- Learn both offensive and defensive strategy for basketball

Basic skills may include:

- ***Dribbling***
- ***Passing***
- ***Pivot Screens***
- ***Shooting***
- ***Goal Keeping***
- ***Offensive strategy***
- ***Defensive strategy***

This course would be a good fit for students that do not enjoy the traditional physical education model. Students will engage in predominantly basketball skill and play for the entire year.

DANCE 1

Students do not need to have a background in dance to do well in this course but they should have a desire to learn more about dance and increase their dance ability, performance and flexibility.

Satisfies A-G as a visual or performing art(F) for college.

Students that are advanced in dance will be challenged in the Dance 1 class with alternate technique combinations. They will also be given an opportunity to choreograph and stage routines.

In addition to what is mentioned in the course selection guide students will also:

- Participate in IN CLASS performance assessments for all units. Around 4 performances a semester.
- Students will be assessed on technique and performance quality.
- Participate in dance warm ups during class that are designed to warm up the muscles, increase flexibility and improve balance and posture.
- Participate in a Student Choreography Showcase for their year end final. This is outside of school hours and open to the public.

PE Racquet Sports

A course for students that want to:

- Develop their skills in various racquet sports.
- Work on developing strategy across the racquet sports
- Participate in individual and dual in class competitions.

Units may include:

- *Tennis*
- *Pickleball*
- *Speedminton*
- *Badminton*
- *Table Tennis*

A good fit for students that have not liked the traditional team sports model and who enjoy racquet sports and improving their individual skill.

Total Fitness

In addition to what is mentioned in the course selection guide students will also:

- Participate in yoga/mobility Mondays
- Complete Fitness Testing to measure individual fitness progress throughout year
- Focus on the Five Components of Fitness throughout all units

Units may include:

- *Pilates*
- *Water Aerobics*
- *Jogging*
- *Weight Training/Lifting*
- *HIIT/Circuit Training*
- *Dance Fitness*
- *Kickboxing*
- *Fitness Bootcamp*

Students do not need to be physically fit or have background knowledge of any of the above activities to be successful in this course. It would be a good fit for someone looking to improve their fitness and emotional well-being. A great alternative for students who prefer focusing on individual fitness.

PE Weight Training

Students will utilize free weights, weight machines as well as body weight exercise. Students will also set goals and work towards achieving those fitness goals.

A course for students that want to:

- Develop their body strength for advanced sports skills and improved health.
- Engage in weight lifting, cardiovascular conditioning and flexibility exercises.
- Learn more about fitness.

A good fit for students that have not liked the traditional team sports model and would like to focus on improving their individual fitness through weight lifting and cardiovascular exercise.

PE 10/12 and PE Athletics

PE 10/12

- Traditional physical education class with a strong focus on team sports and fitness. Students in the 10/12 class will participate in fitness activities including running at least twice a week.

PE Athletics

- Adding this during course selection is a way to let your counselor know that you plan to play a sport at FHS and do not need to be enrolled in a physical education class.

Science Department Lead

Andree Heyneman

Contact: andree_heyneman@fuhsd.org

Recommended Sequence:

9th grade	10th grade	11th grade	12th grade
Biology	Chemistry OR Chemistry Honors	AP Biology	
	Physics OR Physics Honors	AP Chemistry	
		AP Physics C	
		AP Environmental Science	
	Science and Society		
		Physiology	

What will I be learning?

Chemistry	Physics
Will your head explode if your helmet broke in space?	How is energy used in the design of roller coasters?
How do we know how old Earth is using nuclear chemistry?	How is the electricity I use on a daily basis generated?
CSI: How do we identify unknown chemicals?	What is light and how do we use it?
Why do fireworks have different colors?	How can we design devices to protect people during collisions?
What is the universe made of?	How can we use light to learn about stars and the universe?

What level should I take?

College Prep	Honors
Focus on concepts	Additional focus on problem solving and more depth
Math important, but not algebraically complicated	Math integral to class
30 min of HW per class	60 min of HW per class
More support in class to develop foundational skills & knowledge	More independent learning and faster pacing
	Strongly recommended prior to taking AP science courses

Sophomore Year

College Prep Chemistry

- Concurrent enrollment in Algebra 1 or higher

Chemistry Honors

- B or better in previous science course(s)
- B or better in previous math class
- Concurrent enrollment in **Geometry** or higher

May only take one or the other during high school

Sophomore Year

College Prep Physics

- Concurrent enrollment in Algebra 1 or higher

Physics Honors

- B or better in previous science course(s)
- B or better in previous math class
- Concurrent enrollment in **Algebra 2** or higher

May only take one or the other during high school

Sophomore Year

Science and Society

- Grades 10-12; can earn credit for life OR physical science
- Science and Society is a **project-based course** that connects scientific concepts with current societal issues, such as:
  - Energy resources
  - Water quality and sustainability
  - Waste management
  - Space mining
  - Humanity of genetics
  - Addiction
- Consistent attendance, group participation, and engagement with alternate assessments (such as presentations) are critical to success in the course

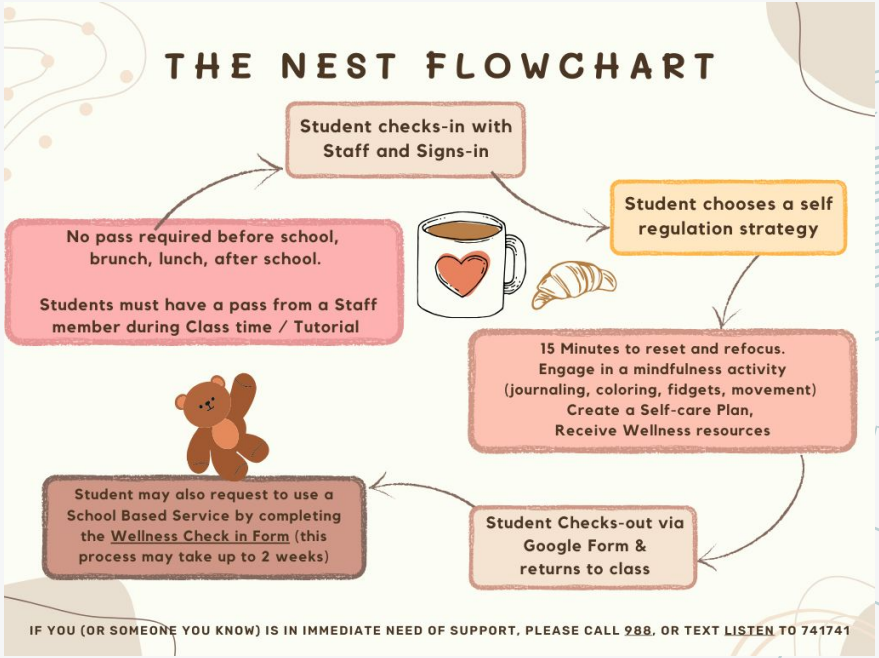
The Nest - Wellness Center

Open: Before School, Brunch
Lunch & After School

Room A - 101

Pass Required: Class Time / Tutorial





Thank you!

We would like your feedback!

