



WELCOME TO CAPA CLOVIS ONLINE PHYSICAL EDUCATION

Parents and Students,

Clovis Agility and Performance Academy (CAPA) is available for our K-12th grade students to use. CAPA is a state-of-the-art athletic training/gym facility. CUSD teachers and staff will be on-site for five sessions each day, providing first rate physical education to our students.

During each semester, high school students who attend at least two sessions per month (Minimum 5 months) and complete fitness logs will satisfy their PE requirement in its totality (each session removes 1/2 credit from the Online PE Course) for a pass/fail grade.

Students who attend 10 sessions at CAPA, complete the online portion of PE, AND complete all fitness logs will receive a letter grade of an A and 5 credits, instead of a pass/fail grade.

Students may choose to participate in one session daily, one time a week, or twice a month. Sessions each day will be a fun Cardio, Yoga, and strength training type workouts that will utilize equipment such as spin machines, weight machines, outdoor and indoor activities. Students should arrive on time to avoid having to be rescheduled. If parents are dropping students off, please drop off no more than 5 minutes before the scheduled time and please pick up on time as well.

Grades: 7th-12th Grades Monday thru Friday	Elementary Only Tuesday thru Friday 1:00pm to 1:45pm
8:30 am- 9:30 am every school day	Tuesday: 4th, 5th, 6th (Starting 8/28/24)
9:45am-10:45am every school day	Wednesday: K, 1st, 2nd, 3rd (Starting Mid October)
11:00am-12:00pm every school day	Thursday: 4th, 5th, 6th (Starting 8/28/24)
1:00pm - 1:45 pm Monday 7 & 8th grades Only	Friday: K, 1st, 2nd, 3rd (Starting Mid October)
2:00pm - 2:45pm every school day	



Located at 285 N Minnewawa
Clovis, CA 93612