

## **COMPETITIVE SPORTS**

*Requirement area:* **PE or Elective**

*Course code:* POS100/102

*Grade Level:* 9, 10, 11, 12

*Prerequisite:* Introduction to Fitness (9th & 10th grade students)

*Length:* 1 semester (0.5 credit), repeatable as enrollment permits with instructor permission

*Homework:* 0-30 minutes per week

*Fee:* \$5

*Description:* The focus of this class is to provide the students with instruction in designing a life-long fitness program with an emphasis on sportsmanship, strategy, teamwork and cooperation, safe competition and developing conflict resolution skills. This class is designed for students who desire to take competition to the next level. Activities will include but not limited to: Football, Soccer, Tennis, Ultimate Frisbee and Speedball. This class will predominately be held outdoors.