COOPERATIVE PE

Requirement area:  **PE or Elective**

Course code:  PCO001/PCO002

Grade Level:  9, 10, 11, 12

Prerequisite:  Introduction to Fitness

Length:  1 semester (0.5 credit), repeatable

Homework:  0-30 minutes per week

Fee:  $5

Description:  The content of this class will include fundamental techniques, rules and strategies of various team sports. The class will provide students an opportunity to enhance skills in an environment that promotes improvement more than competition. Students will be challenged with a component of both strength training and cardiovascular conditioning. Activities may include yoga, softball, ultimate Frisbee, flag football, corn hole, kickball and modified bowling. This course is designed for general education students to be mentors of students in the Life Skills Program.