

## **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.