

RECREATIONAL SPORTS

Requirement area: **PE or Elective**

Course code: PNC001/PNC002

Grade Level: 9, 10, 11, 12

Prerequisite: Successful completion of Intro to Fitness

Length: 1 semester (0.5 credit), repeatable

Homework: None

Fee: \$5

Description: The content of this class will include fundamental techniques, rules, and strategies of various team sports & leisure activities. The class will provide students an opportunity to enhance skills in an environment that promotes skill improvement and teamwork over competition. Activities may include, but are not limited to: tennis, softball, soccer, flag football, ultimate Frisbee, volleyball, flag football, Frisbee golf, table tennis and modified bowling. Throughout the duration of the class, students will also be challenged with a component of both strength training and cardiovascular conditioning. Students are expected to fully participate and suit down as in any other P.E. class offered at MHS.