

# Swim

Physical Education

Grade(s) 9th - 12th, .5 Credits

## Course Overview

This course is designed to teach the non-swimmer how to feel comfortable in the water and how to develop basic swim skills. It is also designed for the beginner and intermediate swimmer who wish to improve swim skills and stroke development. Activities will include water safety, survival skills, introductory and developing swim techniques, water games, and water aerobics. Students need a towel and a swim suit to participate in this class. Swim goggles are recommended.

Timeframe	Unit	Scope And Sequence
		Instructional Topics
Ongoing	Basic Water Safety	1. Survival Skills 2. Drownproofing 3. Buoyancy principles 4. Methods to save yourself & others.
Ongoing	Water Orientation	1. Pool Rules 2. Comfort level in the water
Ongoing	Stroke Development	1. Front Crawl 2. Backstroke 3. Elementary Backstroke 4. Sdiestroke 5. Breaststroke
Ongoing	Fitness Activities	1. Aqua aerobics 2. Aqua Joggers 3. Fitness Circuit 4. Aerobic Swim
Ongoing	Water Games	1. I got it 2. Water Relays 3. Water Polo/ Wall ball 4. water baseball 5. Water Volleyball 6. Sharks and Minnows 7. Marco Polo 8. Basketball games
15 Day(s)	Conditioning	1. Lifetime Fitness Plan 2. Lifetime fitness components

## Materials and Resources

Towel

Swimsuit - needs to be swimwear.

In accordance with school policy girl's midriff must be covered.

Goggles are recommended.

## Prerequisites

Essentials of Physical Activity - 9

## Course Details

### Unit: Basic Water Safety

Duration: Ongoing

#### Essential Questions

What would you do to survive until help arrives, if you were stranded in deep water fully clothed?

How would you stay afloat for an extended period of time while waiting to be rescued?

What affects how well you will float?

How can you help others who are in trouble in the water without endangering yourself?

#### Topic: Survival Skills

Duration: 3 Day(s)

#### Description

Using clothes as flotation devices. How to swim with clothes on. How to remove clothing and inflate.

#### Learning Targets

Students will be able to float on their back and stomach as well as bob in the shallow and deep water.

An error has occurred while processing HtmlTextBox 'HtmlTextBox13':  
An error occurred while parsing EntityName. Line 1, position 47.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

# Swim

Physical Education

Grade(s) 9th - 12th, .5 Credits

## Topic: Drownproofing

Duration: 3 Day(s)

### Description

Back float, treading water and survival float. To be used for survival in deep water.

### Learning Targets

Students will be able to float on their back and stomach as well as bob in the shallow and deep water.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Topic: Buoyancy principles

Duration: 1 Day(s)

### Description

Learning how well you float based on your body composition. (with and without air in a persons lungs)

### Learning Targets

Students will be able to float on their back and stomach as well as bob in the shallow and deep water.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Topic: Methods to save yourself & others.

Duration: 3 Day(s)

### Description

Reaching assists, throwing assists and saving assists based on ability level.

### Learning Targets

An error has occurred while processing HtmlTextBox 'HtmlTextBox13':  
An error occurred while parsing EntityName. Line 1, position 47.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Unit: Water Orientation

Duration: Ongoing

### Essential Questions

What is safe behavior around water?

## Topic: Pool Rules

Duration: 1 Day(s)

### Description

Rules required in order to stay safe around water.  
Emergency Action Plan

### Learning Targets

Students will follow the safety rules of the facility and be able to help in an emergency situation.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Topic: Comfort level in the water

Duration: 4 Day(s)

### Description

Share experiences in water good and bad.  
How experiences shape our mindset about swimming.  
Basic skills to develop confidence in the water. (Entering, Exiting, gliding, bobbing, kicking, using the wall, knowing the depth of the water, floating)

### Learning Targets

Students will be able to float on their back and stomach as well as bob in the shallow and deep water.

# Swim

Physical Education

Grade(s) 9th - 12th, .5 Credits

## Unit: Stroke Development

Duration: Ongoing

### Essential Questions

- What movements can I use to swim effectively in the water?
- What movements are relaxing?
- What movements will help build fitness, are competitive, considered faster?
- How do I do these movements effectively?

### Topic: Front Crawl

Duration: 5 Day(s)

#### Description

Students will learn proper technique broken down into: arms, legs, body position, breathing, rate.

#### Learning Targets

Students will swim front crawl, backcrawl, elementary backstroke, sidestroke, and breaststroke.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

### Topic: Backstroke

Duration: 5 Day(s)

#### Description

Students will learn proper technique broken down into: arms, legs, body position, breathing, rate.

#### Learning Targets

Students will swim front crawl, backcrawl, elementary backstroke, sidestroke, and breaststroke.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

### Topic: Elementary Backstroke

Duration: 5 Day(s)

#### Description

Students will learn proper technique broken down into: arms, legs, body position, breathing, rate.

#### Learning Targets

Students will swim front crawl, backcrawl, elementary backstroke, sidestroke, and breaststroke.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

### Topic: Sdiestroke

Duration: 5 Day(s)

#### Description

Students will learn proper technique broken down into: arms, legs, body position, breathing, rate.

#### Learning Targets

Students will swim front crawl, backcrawl, elementary backstroke, sidestroke, and breaststroke.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

### Topic: Breaststroke

Duration: 5 Day(s)

#### Description

Students will learn proper technique broken down into: arms, legs, body position, breathing, rate.

#### Learning Targets

Students will swim front crawl, backcrawl, elementary backstroke, sidestroke, and breaststroke.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

# Swim

Physical Education

Grade(s) 9th - 12th, .5 Credits

**Unit:** Fitness Activities

**Duration:** Ongoing

## Essential Questions

How can you use swimming to stay in shape?

What fitness activities in the water help improve cardiovascular fitness, muscle strength and muscle endurance?

What activities can you do as rehabilitation for injuries?

## Materials and Resources

Aqua joggers, noodles, kickboards, pull bouys, hand webs. stationary water resistance bands, aqua hand weights,

**Topic:** Aqua aerobics

**Duration:** 5 Day(s)

## Description

Aerobic activities done in the water

## Learning Targets

The students will be able to perform a 20 minute swim.

The assessment will be 3 intervals of 6 minute swimming with a 1 minute rest between the intervals. It should be evaluated based on continuous effort that the fitness strokes are the primary strokes being used. They should minimize the use of elementary backstroke and sidestroke and should not be resting during the interval part of the swim assessment. Modification should be made for a beginner swimmer to assist them in successfully performing this assessment.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

**Topic:** Aqua Joggers

**Duration:** 5 Day(s)

## Description

Getting an aerobic workout using flotation belts in deep and shallow water.

## Learning Targets

The students will be able to perform a 20 minute swim.

The assessment will be 3 intervals of 6 minute swimming with a 1 minute rest between the intervals. It should be evaluated based on continuous effort that the fitness strokes are the primary strokes being used. They should minimize the use of elementary backstroke and sidestroke and should not be resting during the interval part of the swim assessment. Modification should be made for a beginner swimmer to assist them in successfully performing this assessment.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

**Topic:** Fitness Circuit

**Duration:** 5 Day(s)

## Description

Differentiated water circuit.

## Learning Targets

The students will be able to perform a 20 minute swim.

The assessment will be 3 intervals of 6 minute swimming with a 1 minute rest between the intervals. It should be evaluated based on continuous effort that the fitness strokes are the primary strokes being used. They should minimize the use of elementary backstroke and sidestroke and should not be resting during the interval part of the swim assessment. Modification should be made for a beginner swimmer to assist them in successfully performing this assessment.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

**Topic:** Aerobic Swim

**Duration:** 5 Day(s)

## Description

Timed swimming with build in rests. Vary the distance and strokes.

## Learning Targets

The students will be able to perform a 20 minute swim.

The assessment will be 3 intervals of 6 minute swimming with a 1 minute rest between the intervals. It should be evaluated based on continuous effort that the fitness strokes are the primary strokes being used. They should minimize the use of elementary backstroke and sidestroke and should not be resting during the interval part of the swim assessment. Modification should be made for a beginner swimmer to assist them in successfully performing this assessment.

# Swim

## Physical Education

Grade(s) 9th - 12th, .5 Credits

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

---

### Unit: Water Games

Duration: Ongoing

---

#### Topic: I got it

Duration: 1 Day(s)

##### Description

Tag game. Opposite of regular tag. The person who is it tries to stay away from the other players. The goal is to be "it". Everyone is chasing the person that is "it". If you tag the person that is "it" you become "it". And say "I got it". Students are in small groups of 4-5 for this game. There are multiple groups playing at once.

##### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

---

#### Topic: Water Relays

Duration: 1 Day(s)

##### Description

Multiple skills put into relay form.

##### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

---

#### Topic: Water Polo/ Wall ball

Duration: 2 Day(s)

##### Description

Two teams play the game of water polo. You must have 3 passes between teammates and one pass to the opposite gender to score. Once the goalie has the ball no one can go after it from the other team. After a goal is scored the goalie passes it in to their team. There are 2 goals. It is wall ball if played without goals and the trophies are used as the goal. Rules are the same but no goalie is needed and to score you hold the ball in the opposite teams trophy.

##### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

---

#### Topic: water baseball

Duration: 1 Day(s)

##### Description

Basic Softball rules adapted for play in the pool. They must swim to the base instead of running. All bases are on the deck. To tag someone out the person with the ball must swim to the runner who is also swimming.

##### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

---

# Swim

Physical Education

Grade(s) 9th - 12th, .5 Credits

## Topic: Water Volleyball

Duration: 1 Day(s)

### Description

Basic rules of volleyball. Multiple hits may be allowed as long as the ball doesn't hit the water. The water is the floor. A beachball is recommended.

### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Topic: Sharks and Minnows

Duration: 1 Day(s)

### Description

Tag game where one person is a shark and all others are minnows. When a minnow is tagged by a shark they become a shark. You must tag on top of the water. Anyone who is underwater cannot be tagged. The goal is to be the last minnow swimming.

### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Topic: Marco Polo

Duration: 1 Day(s)

### Description

One person is Marco and their eyes must be closed. Marco calls out "Marco" the rest of the students call out "polo", From the sound of their voices Marco must tag someone. Once a player is tagged they become Marco.

### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Topic: Basketball games

Duration: 3 Day(s)

### Description

Lightning, Regular team game, 2 ball, Horse, Around the World.

### Learning Targets

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Students will recall important concepts regarding the following: basic water safety, water orientation, stroke development, fitness activities and water games.

## Unit: Conditioning

Duration: 15 Day(s)

### Essential Questions

How does knowing the 5 components of fitness help a person achieve a higher physical health level?

How can you tell what your overall level of fitness is?

How does the FITT principle help you maintain overall health?

What is the purpose of setting a goal and why is making a lifetime fitness plan helpful for maintaining overall health?

How can a person safely engage in physical activity for their lifetime?

## Topic: Lifetime Fitness Plan

Duration: Ongoing

# Swim

## Physical Education

Grade(s) 9th - 12th, .5 Credits

### Description

Students will create a lifetime fitness plan. This plan will be a comprehensive realistic plan that they plan to do to be healthy for their life.

When making a fitness plan you should include the FITT Principle:

**Frequency:** How often you do your plan? Number of days per week.

**Intensity:** How hard are you going to work? 60-80% max. heart rate is suggested. Max. heart rate is 220-(your age). Please do the math. For muscle strengthening and endurance must include how heavy a weight.

**Time:** How long are your workouts? For Cardiovascular, it is suggested to be physically active 60 minutes a day. For muscle strengthening and endurance, if weight training must include reps & sets. For static flexibility it is suggested that you hold stretches 30-60 seconds to improve flexibility. Dynamic flexibility being done at the beginning of each workout.

**Type:** What type of physical activity are you doing? It should be one of the fitness components:

Muscular Strength

Muscular Endurance

Cardiovascular Endurance

Flexibility-dynamic for static

Body Composition

Agility and Speed

**Goal setting-** When doing anything in life you need to set a goal of where you want to be or what you want to accomplish. You need to have that picture in your mind and believe that you can get there. Then, just follow your plan (FITT plan) to get there.

### Learning Targets

Students will follow the safety rules of the facility and be able to help in an emergency situation.

The students will write a personal fitness plan.

The personal fitness plan explains how they will stay fit for life.

**Topic:** Lifetime fitness components

**Duration:** Ongoing

### Description

The students will experience a wide variety of activities from the 5 fitness component areas so that they can choose what activities to include in their Lifetime fitness plan.

Students will complete the **FitnessGram** Test which assesses an individual's fitness level in each of the fitness areas once at the beginning of the fitness unit. The results will help them develop their lifetime fitness plan.

**Cardiovascular Fitness:** The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.

**Body Composition:** The relative percentage of body fat compared to lean body mass (muscle, bone, water, organs)

**Flexibility:** The range of movement possible at various joints.

**Muscular strength:** The amount of force that can be produced by a single contraction of a muscle

**Muscular endurance:** The ability of a muscle group to continue muscle movement over a length of time.

### Learning Targets

The students will write a personal fitness plan.

The personal fitness plan explains how they will stay fit for life.

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

# Swim

Physical Education

Grade(s) 9th - 12th, .5 Credits