

Blackhawk School District

CURRICULUM

Course Title:	Beginning Swimming (Coed)
Course Number:	
Grade Level(s):	Grades 9-12
Periods per week:	Every Other day
Length of Period:	42 minutes
Length of Course:	Semester
Credits:	.25 credits
Faculty Author(s):	Bryan Vitali & Jamie Planitzer
Date:	Spring 2014

COURSE DESCRIPTION:

The student will be able to further develop into a physically educated individual by increasing their knowledge, skills, and confidence in a multitude of activities in order to enjoy a lifetime of healthful physical activity.

This course is designed to promote the safety of students in and around the water, as well as teach students the basic fundamental skills/mechanics of four swimming strokes including the front crawl/freestyle, back crawl/backstroke, elementary backstroke, and sidestroke. Students will also improve their cardiovascular endurance, muscular strength, muscular endurance, and body composition through various activities including treading water, swimming stroke development, games, and aerobic/anaerobic fitness activities.

Students will also be working to improve and/or maintain their health within five fitness components including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Throughout the various activities within the class, these aforementioned components will be developed, maintained, and/or enhanced through moderate to vigorous exercise & physical activity on a class basis.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	PROPOSED TIME	OBJECTIVES (PA standard)	RESOURCES
<u>FALL & SPRING SEMESTER</u>	<i>18 WEEKS</i>		
Fitnessgram <ul style="list-style-type: none"> • Mile Run • Push-ups • Curl-ups • Shoulder Stretch <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<i>2 classes</i>	10.3.12 Safety and Injury Prevention <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> 10.4.12 Physical Activity <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement 	CD Stopwatch Track Usage Mats
<p>Each class will focus on a <u>one</u> skill topic and include a warm-up and activity/ game play.</p> <p>Freestyle</p> <ul style="list-style-type: none"> • Warm-up <ul style="list-style-type: none"> ○ Lap Swim ○ Treading Water ○ Fitness Circuit • Skill Practice <ul style="list-style-type: none"> ○ Breath Control ○ Arm Actions ○ Leg Actions ○ Full Stroke 	<p style="text-align: center;"><i>10 classes total</i></p> <p style="text-align: center;"><i>2 classes</i></p> <p style="text-align: center;"><i>2 classes</i></p> <p style="text-align: center;"><i>2 classes</i></p> <p style="text-align: center;"><i>2 classes</i></p>	10.3.12 Safety and Injury Prevention <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> 10.4.12 Physical Activity <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p>	Tubes Mats Pool Nets Ball Pins

<ul style="list-style-type: none"> ○ Assessment • Activity or Game Play <ul style="list-style-type: none"> ○ Relays ○ Water Polo ○ Volleyball ○ Water Ball ○ Diving ○ Leisure Swimming 	<p>2 classes</p>	<ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Each class will focus on a <u>one</u> skill topic and include a warm-up and activity/ game play.</p> <p>Backstroke</p> <ul style="list-style-type: none"> • Warm-up <ul style="list-style-type: none"> ○ Lap Swim ○ Treading Water ○ Fitness Circuit • Skill Practice <ul style="list-style-type: none"> ○ Breath Control ○ Arm Actions ○ Leg Actions ○ Full Stroke 	<p>10 classes total</p> <p>2 classes</p> <p>2 classes</p> <p>2 classes</p> <p>2 classes</p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p>	<p>Tubes</p> <p>Mats</p> <p>Pool</p> <p>Nets</p> <p>Ball</p> <p>Pins</p>

<ul style="list-style-type: none"> ○ Assessment ● Activity or Game Play <ul style="list-style-type: none"> ○ Relays ○ Water Polo ○ Volleyball ○ Water Ball ○ Diving ○ Leisure Swimming 	<p>2 classes</p>	<ul style="list-style-type: none"> ● injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> ● personal challenge ● physical benefits ● motivation ● access to activity ● self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> ● shared responsibility ● open communication ● goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>D. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>E. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> ● open and closed skills ● short-term and long-term memory ● aspects of good performance <p>F. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Each class will focus on a <u>one</u> skill topic and include a warm-up and activity/ game play.</p> <p>Sidestroke</p> <ul style="list-style-type: none"> ● Warm-up <ul style="list-style-type: none"> ○ Lap Swim ○ Treading Water ○ Fitness Circuit ● Skill Practice <ul style="list-style-type: none"> ○ Breath Control ○ Arm Actions ○ Leg Actions 	<p>10 classes total</p> <p>2 classes</p> <p>2 classes</p> <p>2 classes</p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> ● social ● physiological ● psychological <p>C. Evaluate how changes in adult health status may affect the responses of the</p>	<p>Tubes Mats Pool Nets Ball Pins</p>

<ul style="list-style-type: none"> ○ Full Stroke ○ Assessment ● Activity or Game Play <ul style="list-style-type: none"> ○ Relays ○ Water Polo ○ Volleyball ○ Water Ball ○ Diving ○ Leisure Swimming 	<p>2 classes 2 classes</p>	<p>body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Each class will focus on a <u>one</u> skill topic and include a warm-up and activity/ game play.</p> <p>Elementary Backstroke</p> <ul style="list-style-type: none"> ● Warm-up <ul style="list-style-type: none"> ○ Lap Swim ○ Treading Water ○ Fitness Circuit ● Skill Practice <ul style="list-style-type: none"> ○ Breath Control ○ Arm Actions 	<p>10 classes total</p> <p>2 classes 2 classes</p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological 	<p>Tubes Mats Pool Nets Ball Pins</p>

<ul style="list-style-type: none"> ○ Leg Actions ○ Full Stroke ○ Assessment ● Activity or Game Play <ul style="list-style-type: none"> ○ Relays ○ Water Polo ○ Volleyball ○ Water Ball ○ Diving ○ Leisure Swimming 	<p><i>2 classes</i></p> <p><i>2 classes</i></p> <p><i>2 classes</i></p>	<ul style="list-style-type: none"> C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
<p>FINAL</p> <ul style="list-style-type: none"> ● 12 lap continuous swim ● 5 minute tread test 	<p><i>2 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <ul style="list-style-type: none"> D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. <p>10.4.12 Physical Activity</p> <ul style="list-style-type: none"> B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> • social • physiological • psychological 	<p>Pool Stop Watch</p>

		<p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
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