CURRICULUM

Course Title: Swimming: Non-swimmers
Course Number: 1315 (1st semester), 1355 (second semester)
Grade Level(s): Grades 8-12
Periods per week: Every Other day
Length of Period: 42 minutes
Length of Course: Semester
Credits: .25 credits
Faculty Author(s): Mark Balbach, Nancy Davies, Diane Huston, Joe Verbosky
Date: Fall 2008; Revised May '09

COURSE DESCRIPTION:
Students enrolled in the Non-Swimmers course will work on basic skills such as floating, gliding, rhythmic breathing and the crawl stroke. Those who have a fear of water should take this course. This is a year-long course and may only be taken once.
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.

<table>
<thead>
<tr>
<th>COURSE OUTLINE</th>
<th>OBJECTIVES (PA standard)</th>
<th>PROPOSED TIME / ACTUAL TIME</th>
<th>RESOURCES</th>
<th>LESSON REFLECTION (for future revisions)</th>
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<tbody>
<tr>
<td>❖ Breathing techniques&lt;br&gt;❖ Bobbing&lt;br&gt;❖ Treading&lt;br&gt;❖ Floating&lt;br&gt;❖ Gliding&lt;br&gt;❖ Crawl stroke&lt;br&gt;❖ Back stroke</td>
<td>10.3.12D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities.&lt;br&gt;10.5.9 C Identify and apply practice strategies for skill improvement.&lt;br&gt;10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.&lt;br&gt;10.5.12 A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promotes personal lifelong participation.</td>
<td>40 classes&lt;br&gt;Each item proposed in the course outline will be the focus for 5-7 classes.</td>
<td>Kickboards</td>
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