

# Blackhawk School District

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## CURRICULUM

Course Title:	Swimming: Non-swimmers
Course Number:	1315 (1 <sup>st</sup> 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

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### 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.

COURSE OUTLINE	OBJECTIVES (PA standard)	PROPOSED TIME / ACTUAL TIME	RESOURCES	LESSON REFLECTION (for future revisions)
<ul style="list-style-type: none"> <li>❖ Breathing techniques</li> <li>❖ Bobbing</li> <li>❖ Treading</li> <li>❖ Floating</li> <li>❖ Gliding</li> <li>❖ Crawl stroke</li> <li>❖ Back stroke</li> </ul>	<p>10.3.12D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.5.9 C Identify and apply practice strategies for skill improvement.</p> <p>10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>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.</p>	<p>40 classes</p> <p>Each item proposed in the course outline will be the focus for 5-7 classes.</p>	<p>Kickboards</p>	