

Blackhawk School District

CURRICULUM

Course Title:	Swimming 4 Life (Coed)
Course Number:	
Grade Level(s):	Grades 10, 11 & 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 can only be taken after a student has successfully completed beginning swimming. Swimming 4 Life emphasizes a number of concepts including the review of correct techniques in the front crawl, back crawl, side stroke, and elementary back stroke. Students will also be introduced to additional swimming strokes including the breast stroke and the butterfly stroke. Students will also have the opportunity to participate in various types of fitness aquatic activities including fitness circuits, water polo, volleyball, diving, relay races, and other anaerobic fitness games.

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
FALL & SPRING SEMESTER	<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 	
Synchronized Swimming <ul style="list-style-type: none"> • Small Sided Group Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Small Group Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate 	<i>6 days</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>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 	Music Pool

<ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Skill Practice (Optional) 		<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>Volleyball</p> <ul style="list-style-type: none"> • Small Sided Game Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate 	<p><i>6 classes</i></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> <ul style="list-style-type: none"> • injury 	<p>Net Balls Pool</p>

<ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Skill Practice (Optional) • Large Scale Game Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Game Play 		<ul style="list-style-type: none"> 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"> D. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. E. 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 F. 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>Water Polo</p> <ul style="list-style-type: none"> • Game Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate 	<p><i>6 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 C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. 	<p>Nets Ball Pool</p>

<ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise 		<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>Relays/ Challenge Activities</p> <ul style="list-style-type: none"> • Tube Relays <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate 	<p><i>6 classes</i></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</p>

<ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Safety Expectations • Mat Relays <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Safety Expectations • Swimming Relays <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Safety Expectations • Raft Challenge <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown 		<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>	
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<ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Safety Expectations 			
<p>Sharks & Minnows</p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise 	<p><i>6 classes</i></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> <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>Pool</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>Water Ball</p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ○ Skill Practice & Team Practice Day 	<p><i>6 classes</i></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> <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</p>	<p>Pins Balls Pool</p>

		<p>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>Diving Board Activities</p> <ul style="list-style-type: none"> ○ Rules Explanation ○ General Play ○ Fitness Principle Integration (All activities) <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise 	<p><i>6 classes</i></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> <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</p>	<p>Pool</p>

		<p>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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EQUIPMENT LISTS NEED TO BE ADDED TO EACH SECTION.