## 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
FALL & SPRING SEMESTER	18 WEEKS		
Fitnessgram	2 classes	10.3.12 Safety and Injury Prevention  D. Evaluate the benefits, risks and safety factors associated with self-	CD Stopwatch Track Usage
<ul><li>Mile Run</li><li>Push-ups</li></ul>		selected life-long physical activities.	Mats Mats
<ul><li>Curl-ups</li><li>Shoulder Stretch</li></ul>		10.4.12 Physical Activity	
<ul> <li>Cardio Exercise</li> <li>Strength &amp;         Endurance Exercise     </li> <li>Flexibility Exercise</li> </ul>		<ul> <li>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</li> <li>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul> <li>social</li> <li>physiological</li> <li>psychological</li> </ul> </li> </ul>	
		C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.  • injury	
		D. Evaluate factors that affect physical activity and exercise preferences of adults.	
		<ul> <li>personal challenge</li> <li>physical benefits</li> <li>motivation</li> <li>access to activity</li> </ul>	
	10.1	• self-improvement	T. 1
Each class will focus on a <u>one</u> skill topic and include a warm-up and activity/ game play.	10 classes total	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Tubes Mats Pool Nets
Freestyle • Warm-up		10.4.12 Physical Activity	Ball Pins
<ul> <li>Lap Swim</li> <li>Treading Water</li> <li>Fitness Circuit</li> <li>Skill Practice</li> <li>Breath Control</li> </ul>	2 classes 2 classes	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.  • social  • physiological  • psychological	
<ul><li> Arm Actions</li><li> Leg Actions</li><li> Full Stroke</li></ul>	2 classes 2 classes 2 classes	C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	

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o Assessment	2 classes	• injury	
<ul> <li>Activity or Game Play</li> </ul>			
o Relays		D. Evaluate factors that affect physical activity and exercise preferences of	
o Water Polo		adults.	
o Volleyball		• personal challenge	
Water Ball		• physical benefits	
		• motivation	
o Diving		• access to activity	
<ul> <li>Leisure Swimming</li> </ul>		• 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.	
		• shared responsibility	
		• open communication	
		• goal setting	
		10.5.12 Concepts, Principles and Strategies of Movement	
		A. Apply knowledge of movement skills, skill-related fitness and movement	
		concepts to identify and evaluate physical activities that promote personal	
		lifelong participation.	
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		B. Incorporate and synthesize knowledge of motor skill development	
		concepts to improve the quality of motor skills.	
		• 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.	
		improvement.	
		F. Analyze the application of game strategies of physical activities	
		(individual, team, lifetime, outdoor).	
Each class will focus on a <u>one</u>	10 classes total	10.3.12 Safety and Injury Prevention	Tubes
skill topic and include a warm-up		D. Evalvata the honefite midte and sefety feetom associated with with with	Mats
and activity/ game play.		D. Evaluate the benefits, risks and safety factors associated with self-	Pool
		selected life-long physical activities.	Nets
Backstroke		10.4.12 Dhysical Activity	Ball
• Warm-up		10.4.12 Physical Activity	Pins
o Lap Swim		B. Analyze the effects of regular participation in a self-selected program of	
Treading Water		moderate to vigorous physical activities.	
<ul><li>Fitness Circuit</li></ul>		• social	
		• physiological	
Skill Practice	2 -1	• psychological	
o Breath Control	2 classes	- psychological	
o Arm Actions	2 classes	C. Evaluate how changes in adult health status may affect the responses of the	
<ul> <li>Leg Actions</li> </ul>	2 classes	body systems during moderate to vigorous physical activity.	
<ul> <li>Full Stroke</li> </ul>	2 classes	body systems during moderate to vigorous physical activity.	
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Activity or Game Play Relays Water Polo Volleyball Water Ball Diving Leisure Swimming  Each class will focus on a one skill topic and include a warm-up and activity/ game play.  Sidestroke Warm-up Lap Swim Lap Swim	D. Evaluate factors that affect physical activity and exercise preferences of adults.  • 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.  • shared responsibility • open communication • goal setting  10.5.12 Concepts, Principles and Strategies of Movement	
Relays Water Polo Volleyball Water Ball Diving Leisure Swimming  Each class will focus on a one skill topic and include a warm-up and activity/ game play.  Sidestroke Warm-up Lap Swim	adults.  • 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.  • shared responsibility • open communication • goal setting	
<ul> <li>Water Polo</li> <li>Volleyball</li> <li>Water Ball</li> <li>Diving</li> <li>Leisure Swimming</li> </ul> Each class will focus on a one skill topic and include a warm-up and activity/ game play. Sidestroke <ul> <li>Warm-up</li> <li>Lap Swim</li> </ul>	<ul> <li>personal challenge</li> <li>physical benefits</li> <li>motivation</li> <li>access to activity</li> <li>self-improvement</li> <li>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</li> <li>F. Assess and use strategies for enhancing adult group interaction in physical activities.</li> <li>shared responsibility</li> <li>open communication</li> <li>goal setting</li> </ul>	
<ul> <li>Volleyball</li> <li>Water Ball</li> <li>Diving</li> <li>Leisure Swimming</li> </ul> Each class will focus on a one skill topic and include a warm-up and activity/ game play. Sidestroke <ul> <li>Warm-up</li> <li>Lap Swim</li> </ul>	<ul> <li>physical benefits</li> <li>motivation</li> <li>access to activity</li> <li>self-improvement</li> <li>Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</li> <li>F. Assess and use strategies for enhancing adult group interaction in physical activities.</li> <li>shared responsibility</li> <li>open communication</li> <li>goal setting</li> </ul>	
O Water Ball Diving Leisure Swimming  Each class will focus on a one skill topic and include a warm-up and activity/ game play.  Sidestroke Warm-up Lap Swim	• 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.  • shared responsibility     • open communication     • goal setting	
<ul> <li>Diving</li> <li>Leisure Swimming</li> </ul> Each class will focus on a one skill topic and include a warm-up and activity/ game play. Sidestroke <ul> <li>Warm-up</li> <li>Lap Swim</li> </ul>	<ul> <li>access to activity         <ul> <li>self-improvement</li> </ul> </li> <li>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</li> <li>F. Assess and use strategies for enhancing adult group interaction in physical activities.         <ul> <li>shared responsibility</li> <li>open communication</li> <li>goal setting</li> </ul> </li> </ul>	
Each class will focus on a one skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	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.      Shared responsibility     open communication     goal setting	
Each class will focus on a one skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	<ul> <li>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</li> <li>F. Assess and use strategies for enhancing adult group interaction in physical activities.</li> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul>	
skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	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.  • shared responsibility • open communication • goal setting	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	F. Assess and use strategies for enhancing adult group interaction in physical activities.  • shared responsibility • open communication • goal setting	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	F. Assess and use strategies for enhancing adult group interaction in physical activities.  • shared responsibility • open communication • goal setting	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	activities.  • shared responsibility  • open communication  • goal setting	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	activities.  • shared responsibility  • open communication  • goal setting	
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skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	<ul><li>open communication</li><li>goal setting</li></ul>	
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skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	10.5.12 Concepts, Principles and Strategies of Movement	
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skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	The state of the s	
skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	D. Apply knowledge of movement skills, skill-related fitness and movement	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	concepts to identify and evaluate physical activities that promote personal	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	lifelong participation.	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim		
skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	E. Incorporate and synthesize knowledge of motor skill development concepts to	
skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	improve the quality of motor skills.	
skill topic and include a warm-up and activity/ game play.  Sidestroke  Warm-up  Lap Swim	• open and closed skills	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	• short-term and long-term memory	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	aspects of good performance	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	F. Evaluate the impact of practice strategies on skill development and	
skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	improvement.	
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skill topic and include a warm-up and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	(individual, team, lifetime, outdoor).	
and activity/ game play.  Sidestroke  • Warm-up  • Lap Swim	10.3.12 Safety and Injury Prevention	Tubes
Sidestroke  • Warm-up  • Lap Swim	D. Fushiote the honesite might and refer for the residual to	Mats
• Warm-up o Lap Swim	D. Evaluate the benefits, risks and safety factors associated with self-	Pool
• Warm-up o Lap Swim	selected life-long physical activities.	Nets
o Lap Swim	10.4.12 Physical Activity	Ball
		Pins
o Tranding Water	100 012 1 My 51000 1100 1100	
<ul> <li>Treading Water</li> </ul>		
<ul> <li>Fitness Circuit</li> </ul>	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	
Skill Practice	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.  • social	
o Breath Control 2 classes	<ul> <li>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</li> <li>• social</li> <li>• physiological</li> </ul>	
o Arm Actions 2 classes	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.  • social	I I
o Leg Actions 2 classes	<ul> <li>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</li> <li>• social</li> <li>• physiological</li> </ul>	
<ul> <li>Fitness Circuit</li> <li>Skill Practice</li> <li>Breath Control</li> <li>2 classes</li> </ul>	B. Analyze the effects of regular participation in a self-selected program of	

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o Full Stroke	2 classes	body systems during moderate to vigorous physical activity.	
o Assessment	2 classes	• injury	
<ul> <li>Activity or Game Play</li> </ul>		D. Evaluate factors that affect physical activity and exercise preferences of	
<ul> <li>Relays</li> </ul>		adults.	
<ul> <li>Water Polo</li> </ul>			
<ul> <li>Volleyball</li> </ul>		• personal challenge	
o Water Ball		<ul><li>physical benefits</li><li>motivation</li></ul>	
o Diving		• access to activity	
_		• self-improvement	
o Leisure Swimming		E. Analyze the interrelationships among regular participation in physical	
		activity, motor skill improvement and the selection and engagement in	
		lifetime physical activities.	
		metine physical activities.	
		F. Assess and use strategies for enhancing adult group interaction in physical	
		activities.	
		• shared responsibility	
		• open communication	
		• goal setting	
		godi setting	
		10.5.12 Concepts, Principles and Strategies of Movement	
		A. Apply knowledge of movement skills, skill-related fitness and movement	
		concepts to identify and evaluate physical activities that promote personal	
		lifelong participation.	
		inclong participation.	
		B. Incorporate and synthesize knowledge of motor skill development concepts to	
		improve the quality of motor skills.	
		• open and closed skills	
		• short-term and long-term memory	
		• aspects of good performance	
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		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).	
Each class will focus on a one	10 classes total	10.3.12 Safety and Injury Prevention	Tubes
skill topic and include a warm-up			Mats
and activity/ game play.		D. Evaluate the benefits, risks and safety factors associated with self-	Pool
and desiring, game pray.		selected life-long physical activities.	Nets
Elementary Backstroke			Ball
1		10.4.12 Physical Activity	Pins
• Warm-up			1 1115
o Lap Swim		B. Analyze the effects of regular participation in a self-selected program of	
o Treading Water		moderate to vigorous physical activities.	
<ul> <li>Fitness Circuit</li> </ul>		• social	
Skill Practice		• physiological	
<ul> <li>Breath Control</li> </ul>	2 classes	• psychological	
<ul> <li>Arm Actions</li> </ul>	2 classes		
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<ul> <li>Leg Actions</li> </ul>	2 classes	C. Evaluate how changes in adult health status may affect the responses of the	
<ul> <li>Full Stroke</li> </ul>	2 classes	body systems during moderate to vigorous physical activity.	
<ul> <li>Assessment</li> </ul>	2 classes	• injury	
	2 0000000		
Activity or Game Play		D. Evaluate factors that affect physical activity and exercise preferences of	
o Relays		adults.	
<ul> <li>Water Polo</li> </ul>		• personal challenge	
o Volleyball		• physical benefits	
XX / D 11			
		• motivation	
<ul> <li>Diving</li> </ul>		• access to activity	
<ul> <li>Leisure Swimming</li> </ul>		• self-improvement	
		E. Analyze the interrelationships among regular participation in physical	
		activity, motor skill improvement and the selection and engagement in	
		lifetime physical activities.	
		From the second	
		F. Assess and use strategies for enhancing adult group interaction in physical	
		activities.	
		• shared responsibility	
		• open communication	
		• goal setting	
		10.5.12 Concepts, Principles and Strategies of Movement	
		A. Apply knowledge of movement skills, skill-related fitness and movement	
		concepts to identify and evaluate physical activities that promote personal	
		lifelong participation.	
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		improve the quality of motor skills.	
		• 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.	
		mpro venione.	
		F. Analyze the application of game strategies of physical activities (individual,	
ENERIA E	2.1	team, lifetime, outdoor).	D 1
FINAL	2 classes	10.3.12 Safety and Injury Prevention	Pool
• 12 lap continuous swim			Stop Watch
• 5 minute tread test		D. Evaluate the benefits, risks and safety factors associated with self-	
		selected life-long physical activities.	
		10.4.12 Physical Activity	
		B. Analyze the effects of regular participation in a self-selected program of	
		moderate to vigorous physical activities.	
		• social	
		• physiological	
	1	• psychological	

<ul> <li>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</li> <li>• injury</li> </ul>
D. Evaluate factors that affect physical activity and exercise preferences of adults.
<ul><li>personal challenge</li><li>physical benefits</li></ul>
• motivation
<ul><li>access to activity</li><li>self-improvement</li></ul>
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.
• shared responsibility
<ul><li>open communication</li><li>goal setting</li></ul>
10.5.12 Concepts, Principles and Strategies of Movement
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.  • 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.
<b>F.</b> Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).