

Blackhawk School District

CURRICULUM

Course Title:	Swimming: Advanced (Co-Ed)
Course Number:	1318 (1 st semester), 1358 (second semester)
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):	Mark Balbach, Nancy Davies, Diane Huston, Joe Verbosky
Date:	Fall 2008; Revised May '09

COURSE DESCRIPTION:

The Advanced Swimming Course can be taken after the student has successfully completed Intermediate Swimming. The emphasis will be on correct techniques in the following areas: front crawl, back crawl, side stroke, breast stroke, elementary back stroke, inverted breast stroke, and the over-arm side stroke. There will also be instruction on the use of fins and snorkel.

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)
5 strokes <ul style="list-style-type: none"> ❖ Crawl ❖ Backstroke ❖ Sidestroke ❖ Elementary backstroke ❖ Breast stroke Breathing Techniques Treading Water Proper arm and leg movements Flip turns 24 length requirement	10.3.12 D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.5.9 C Identify and apply practice strategies for skill improvement. 10.5.9 D Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition / set. 10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals. 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.	40 classes Each item proposed in the course outline will be the focus for 5-7 classes.		