

# Blackhawk School District

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## CURRICULUM

Course Title:	Swimming: Intermediate (Co-Ed)
Course Number:	1317 (1 <sup>st</sup> semester), 1357 (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

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### COURSE DESCRIPTION:

Intermediate Swimming will be devoted to improvement and refinement of fundamental swimming skills, as well as the introduction of fundamental swimming skills, as well as the introduction of more advanced skills. This course will include the side stroke, front crawl, breast stroke, elementary back stroke, back crawl, surface dives, diving and flipping turns. If you can do all of these and swim 250 yards using the front crawl, enroll in the Advanced Swimming.

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)
<p>5 strokes</p> <ul style="list-style-type: none"> <li>❖ Crawl</li> <li>❖ Backstroke</li> <li>❖ Sidestroke</li> <li>❖ Elementary backstroke</li> <li>❖ Breast stroke</li> </ul> <p>Treading Water</p> <p>Proper arm and leg movements</p> <ul style="list-style-type: none"> <li>❖ Flutter kick</li> <li>❖ Scissor kick</li> <li>❖ Whip kick</li> </ul> <p>16 length requirement</p>	<p>10.3.12 D 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>10.5.9 D Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition / set.</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>		