

Blackhawk School District

CURRICULUM

Course Title:	Swimming: Recreational (Co-Ed)
Course Number:	1322 (1 st semester), 1362 (second semester)
Grade Level(s):	Grades 11-12
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:

This class will be activity-oriented. Students will be free to participate in various types of aquatic activities such as water polo, volleyball, diving, relay races, and other games. There will be some required work and students must remain active at all times. This course can be taken one semester only.

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>Games</p> <ul style="list-style-type: none"> ❖ Water Polo ❖ Volleyball <p>Free Time</p> <ul style="list-style-type: none"> ❖ Diving Board <p>12 lengths any stroke</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>		