

**Wilson Area School District  
Planned Course Guide**

**Title of Planned Course:** Aquatics

**Subject Area:** Physical Education

**Grade Level:** Level 2

**Course Description:** Further enhance water safety skills, strokes, and fitness activities to prepare students for Level 3.

**Time/Credit for this Course:** 12 weeks 24 classes

**Curriculum Writing Committee:** Ron Hannis, Mike Falcone, Joseph Spitale

## **Curriculum Map Aquatics – Level 2**

Students will have two classes per week for 12 weeks, giving them 24 total classes. They will progress through the levels below at their own pace, with teachers' observing the necessary skills to advance to the next level. The following is only a suggested average pace.

Day 1 – Water Safety Rules

Day 2 & 3 – Review Beginner Stroke and Submerging

Day 4 thru 8 – Front Crawl / Rotary Breathing

Day 9 & 10 – Treading Water

Day 11 & 12 – Sitting / Kneeling Dive

Day 13 thru 17 – Back Glide / Flutter Kick

Day 18 - 22 – Underwater Swimming

Day 23 & 24 – Fitness Circuit / Aquatic Games

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Level 2 Treading Water

**Time frame:** 2 classes

**State Standards:** 10.4.6.A; 10.4.9.A; 10.5.6.E; 10.5.9.E

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to tread water for 10 minutes. Students will be able to use the four kicks: breaststroke, scissor, flutter and egg beater.

**Core Activities:** Students will complete/participate underwater sculling action for arms; practice of these four kicks: breaststroke (or inverted breaststroke), scissor, flutter and egg beater.

**Extensions:** Tread for more than 10 minutes.

**Remediation:** Practice in shallow water, use a floatation device (belts, noodles) to help with form.

**Instructional Methods:** Demonstration, video, partner observation, practice.

**Materials & Resources:**

- Floatation devices
- American Red Cross Swimming and Water Safety

**Assessments:** Teacher observation

- Tread water for 10 minutes
- Head above water
- Arm motion and kicks being used successfully

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Level 2 Underwater Swimming

**Time frame:** 5 classes

**State Standards:** 10.4.6.A; 10.4.9.A; 10.5.6.E; 10.5.9.E

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to demonstrate underwater swimming for 10 yards.

**Core Activities:** Students will complete/participate in submerging; pushing off wall; sweeping arms forward and then going to side; lift and lower head to change body angle; slow exhalation practice.

**Extensions:** Underwater swim the width of the pool.

**Remediation:** Practice being underwater to get comfortable being submerged.

**Instructional Methods:** Demonstration, video, partner observation, practice.

**Materials & Resources:**

- Floatation devices
- American Red Cross Swimming and Water Safety

**Assessments:** Teacher observation

- Streamline glide position with arms pointing forward and pulling to side

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Level 2 Front Crawl (Freestyle)

**Time frame:** 5 classes

**State Standards:** 10.4.6.A; 10.4.9.A; 10.5.6.E; 10.5.9.E

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to front crawl for the length of the pool (25 yards).

**Core Activities:** Students will complete/participate in beginning crawl stroke (progression: front glide→kick→arms→breathing); flutter kick at wall; introduction to rotary breathing (exhale with face in water, head tilt to one side, opposite ear submerged, inhale one breath, tilt face to side, exhale through mouth/nose), armstroke and recovery; combine all elements for practice.

**Extensions:** Front crawl length of the pool and back (50 yards).

**Remediation:** Flippers to help with flutter kick; point elbow to ceiling for higher arm recovery; stand in water to practice reaching, pulling arms, rotary breath.

**Instructional Methods:** Demonstration, video, partner observation, practice.

**Materials & Resources:**

- Floatation devices
- American Red Cross Swimming and Water Safety

**Assessments:** Teacher observation

- Front crawl the length of the pool (25 yards)
- Proper rotary breathing, arm recovery, flutter kick

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Level 2 Back Glide

**Time frame:** 5 classes

**State Standards:** 10.4.6.A; 10.4.9.A; 10.5.6.E; 10.5.9.E

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to back glide one width of the pool.

**Core Activities:** Students will complete/participate in reviewing back float; flutter kick on kickboards or noodles; back glide practice with flutter kick; combine with finning and arm motion to practice.

**Extensions:** Back glide on width of the and back.

**Remediation:** Demonstration, video, partner observation, practice.

**Instructional Methods:** Demonstration, video, partner observation, practice.

**Materials & Resources:**

- Floatation devices
- American Red Cross Swimming and Water Safety

**Assessments:** Teacher observation

- Back glide one width of pool
- Proper flutter kick and finning arm motion

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Level 2      Sitting and Kneeling Dive

**Time frame:** 2 classes

**State Standards:** 10.4.6.A; 10.4.9.A; 10.5.6.E; 10.5.9.E

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to enter the water headfirst from a seated or kneeling position.

**Core Activities:**

### **Sitting Dive**

- Sit on deck, heels in gutter
- Arms extended down toward water
- Head lowered between arms
- Lift hips, give slight push with feet as student leans forward
- Straighten out underwater (shallow or deep water)

### **Kneeling Dive**

- Kneel in deck
- Arms extended down towards water, head between arms
- Lift hips, lean forward and give slight push with feet
- Straighten out underwater (deep water only)

**Extensions:** Back glide the width of the pool and back.

**Remediation:** Demonstration, video, partner observation, practice.

**Instructional Methods:** Demonstration, video, partner observation, practice.

**Materials & Resources:**

- Floatation devices
- American Red Cross Swimming and Water Safety

**Assessments:** Teacher observation

- Proper dive from sitting and kneeling position