

**Wilson Area School District
Planned Course Guide**

Title of Planned Course: Aquatics

Subject Area: Physical Education

Grade Level: Level 3

Course Description:

Time/Credit for this Course: 12 weeks 24 classes

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Curriculum Map Aquatics – Level 3

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 Basic Water Strokes and Treading Water

Day 4 thru 7 – Front Crawl Stroke / Underwater Swim

Day 8 & 9 – Survival Float

Day 10 & 11 – Standing Dive

Day 12 thru 16 – Elementary Backstroke

Day 17 - 20 – Side Stroke

Day 21 & 22 – Stride Jump

Day 23 & 24 - Fitness Circuit / Aquatic Games

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 3 Front Crawl Stroke

Time frame: 4 classes

State Standards: 10.4.6; 10.5.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to perform proficient front crawl for 50 yards, streamline body position, arm stroke with high elbows, rotary breathing.

Core Activities: Students will complete/participate in front crawl; flutter kick with kickboard, flutter kick with kickboard adding rotary breathing; one arm drills using weights; two arm drills using weights.

Extensions: Crawl stroke for 75 yards.

Remediation: Correct body alignment using kickboard or flippers, flippers can be used to strengthen flutter kick, practice stroke counting to help rhythmical breathing.

Instructional Methods: Demonstration, video, partners, practice.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Front crawl extending their arms during propulsion having high elbows during the recovery phase of the arm stroke
- Front crawl using proper rotary breathing technique

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 3 Elementary Backstroke

Time frame: 12 weeks 4 classes

State Standards: 10.4.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to demonstrate the elementary backstroke using the inverted breast stroke coordinated with the arm stroke.

Elementary Backstroke

- Inverted breaststroke kick
 - Start in the back glide position
 - Drop both heels under buttocks
 - Turn ankles out, curl toes upward
 - Slide heels outward and make semi-circle kick with feet and legs
 - Kick complete when legs are together completely extended with toes pointed
- Arm stroke pattern
 - Review arm stroke using key words – tickle, tee, touch
 - Arms moving up sides and down to sides
 - Coordinate arms and legs

Core Activities: Students will complete/participate in the following:

Elementary Backstroke

- Inverted breaststroke kick
 - Students sit on pool edge, practice drop, out, circle together leg movements.
 - Students bracket back against wall and practice sliding heels up wall, slide heels out, semi-circle heels together.
 - Practice widths using kick only.
- Arm stroke pattern
 - Dry land drill: students stand on deck and practice arm pattern: tickle, tee, touch.
- Glide
 - Combine arms and legs to perform whole stroke adding a glide for 3 – 5 seconds.
 - Students count strokes with the least amount best.

Extensions: Elementary backstroke for 50 yards.

Remediation: Students may hug a kickboard, floatation belt or noodle to maintain body position.

Instructional Methods: Demonstration, video, partners, practice.

Materials & Resources:

- Pocono Mountain District Curriculum
- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Inverted breast stroke kick assisted or unassisted for 25 yards

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 3 Stride Jump

Time frame: 2 classes

State Standards: 10.4.6; 10.5.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to stride jump.

Core Activities:

- Stand with one foot forward with toes over the edge of pool and one foot back with arms out to the side
- Step into water bringing arms and legs together keeping the head above water

Extensions:

Remediation: Stand on the edge of pool. Lean forward, and with a noodle under arms step into the water.

Instructional Methods: Demonstration, video, partners, practice.

Materials & Resources:

- Pocono Mountain District Curriculum
- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Attempting to perform the stride jump entry

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 3 Survival Float

Time frame: 2 classes

State Standards: 10.4.6; 10.5.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to perform survival float (jelly fish, dead man's float); discuss importance of survival floating and give examples of people who have survived days using the technique.

Core Activities: Practice jelly fish float.

- Float face down holding breath in water
- Let arms and legs relax
- When a breath is needed exhale underwater, lift head or roll to side for a breath
- Emphasize relaxation of the body while floating to conserve energy
- Gradually increase time floating

Extensions: Survival float for 2 minutes.

Remediation: Students may use floatation device for added buoyancy.

Instructional Methods: Demonstration, video, partners, practice.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Survival float for 1 minute

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 3 Standing Dive

Time frame: 2 classes

State Standards: 10.4.6; 10.5.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to do a standing dive with toes on edge of pool, arms straight next to ears, chin on chest, fingers touch water first, and toes touch water last.

Core Activities: Students will complete/participate in a standing dive. Progression of dive: sitting dive→ kneeling dive→ standing dive. Sitting dive: ready position→ lift hips→ lean forward. Standing Dive: toes on edge of pool→ bend knees→ push forward.

Extensions:

Remediation: Review teaching progression, fingers touch first, chin on chest, head down. Dive over hoops or noodles.

Instructional Methods: Demonstration, video, partners, practice.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Dive from standing position

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 3 Side Stroke

Time frame: 4 classes

State Standards: 10.4.6; 10.5.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to side stroke.

- Scissors kick: simultaneous opposing underwater legs
- Arms: simultaneous opposing underwater arms

Core Activities:

Side Stroke

- On pool deck practice arms and leg movements
- Kick: scissors leg movement
- Hold onto gutter with side bracket, hold and kick
- Kick on side using a kickboard
- Relays on side

Arms

- Leading arm reaches for an imaginary ball, put it in other hand
- Both hands meet in middle, then trailing arm throws ball away towards feet

Extensions: Stroke for 50 yards.

Remediation: Use floatation device for buoyancy, use kick board to improve leg stroke.

Instructional Methods: Demonstration, video, partners, practice.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Swimming for 25 yards