



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Aquatics Grade Level(s): 10 - 12 Units of Credit: .50 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 60 minutes Total Instructional Time: 90 hours
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Course Description

This coeducational course is designed to offer a variety of activities in the pool. Students first learn basic swim strokes and progress to swimming for endurance and fitness. Students learn about and participate in a variety of aquatic activities including, but not limited to: basic swim strokes, water polo, snorkeling, pool sports, relays, water aerobics and games, and boating safety.

Instructional Strategies, Learning Practices, Activities, and Experiences

Bell Ringer Check for Understanding	Cooperative Learning Closure	Experiential Learning
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Assessments

Journal Activities	Practical and Written Assessments
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Materials/Resources

Red Cross Videos	Water Safety Instructor (WSI) Student Enrichment Trips	Books Canoes and Kayaks
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Adopted: 5/16/16

Departmental Review: 10/2017

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Swimming Basics</p> <ul style="list-style-type: none"> • Freestyle • Backstroke • Breaststroke • Butterfly <p>Better Form When Swimming for Endurance</p> <ul style="list-style-type: none"> • Form Analysis • Technique • Drills <p>Snorkeling Safety</p> <ul style="list-style-type: none"> • Proper Snorkel Breathing Strategy • Clearing Technique • Use and Cleaning <p>Resistance Training in Water</p> <ul style="list-style-type: none"> • Effects of Strength Training In vs Out of Water • Circuit Training • Aerobics • Strength Training <p>Water Polo Rules and Game Play</p> <ul style="list-style-type: none"> • Treading Water Introduction • Drills and Treading Water • In and Out of Water Passing and Catching • Water Travel With Ball 	<p>10.2.12 D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12 E - Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12 A - Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <p>10.3.12 D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12 B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F - Assess and use strategies for enhancing adult group interaction in physical activities.</p>

(continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Pool Sports and Gameplay</p> <ul style="list-style-type: none"> • Skill Application – Swim Technique • Shallow End Sports • Deep End Sports <p>Basic Water Rescue</p> <ul style="list-style-type: none"> • Reach, Throw, Row, Go Strategy • Safe Water Entrance <p>Safe Boating</p> <ul style="list-style-type: none"> • Canoes and Kayaks • Getting In and Out of Kayak • Paddle Strokes • Turns • Emptying Flipped Boat • Boat Re-entry From Water 	<p>10.5.12 A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12 C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12 D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12 F - Analyze the application of game strategies for different categories of physical activities.</p>