

Curriculum Map

August: Water Safety

September: Water Adjustment/Breath Control/Float Review

October: Front Crawl Review

November: Elementary Backstroke Review

December: Tread Water/Survival Float Review

January: Surface Dives/Diving Review

February: Back Crawl

March: Back Crawl

April: Stride Jumps/Rescue Assists

May: Aquatic Games/Fitness Activities

June: Aquatic Games/Fitness Activities

**Wilson Area School District
Planned Course Materials**

Course Title: Physical Wellness (Aquatics)

Textbook:

Supplemental Books:

Teacher Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Wilson Area School District Planned Course Guide

Title of planned course: Aquatics

Subject Area: Physical Wellness

Grade Level: 6th

Course Description: This course is designed for students to build off of the basic strokes and survival skills learned in 5th grade Aquatics.

Time/Credit for this Course: One time per week for 36 weeks.

Curriculum Writing Committee: Mike Falcone

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Water Safety and Adjustment

Time frame: 1-2 classes

State Standards: 10.5.6.C; 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: understand water safety rules, understand the buddy system, safely enter the water, and put their face and head into the water.

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

| Water Safety | Buddy System | Adjustment |
|---|--|--|
| <ul style="list-style-type: none">- walk on the side- look before you leap- think so you don't sink- reach or throw, don't go- swim with a buddy- know your limits | <ul style="list-style-type: none">- quick accountability- pair up with another student- on the signal, find your buddy and raise hands in the air- let your buddy know your whereabouts | <ul style="list-style-type: none">- sit and slide- stand and jump- splash water on face- submerge your face- move around the water |

Extensions: Jump in the water unassisted, increase time with head underwater, open eyes underwater, assist fellow students with water adjustment.

Remediation: Assist students into water (by teacher or fellow student), hold onto sides, splash water onto face as opposed to going under, touch face parts to water surface.

Instructional Methods: Lecture, Demonstration, Partner Practice, Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety Guide

Assessments: Teacher Observation of water adjustment

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Breath Control/Floats Review

Time frame: 1-2 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: hold their breath underwater (5-10 seconds), and perform the jellyfish float, tuck float, front float, and back float for at least 10 seconds.

Core Activities: Students will complete/participate in the following: underwater breath holding, jellyfish float, tuck float, front float, and back float.

| Breath Holding | Jellyfish Float | Tuck Float | Front Float | Back Float |
|---|---|---|---|---|
| <ul style="list-style-type: none">- hold breath above water- hold breath with face in water- hold breath with head under water- breath holding contest | <ul style="list-style-type: none">- deep breath and hold- bend forward at waist- put head in water- flex knees to raise feet off bottom- let arms and legs hang from body | <ul style="list-style-type: none">- deep breath and hold- bend forward at waist- put head in water- flex hips and knees and bring them to body- hold legs at mid-calf- hold breath | <ul style="list-style-type: none">- extend arms in water above head- take breath and put face in until ears are covered- lift chin gently- blow air out nose- relax legs and gently push off bottom | <ul style="list-style-type: none">- take a deep breath- lay your head back- arch body gently at hips- bend knees- hold arms out from shoulders, palms up- breathe in and out every few seconds |

Extensions: Increase time spent holding breath underwater and performing the floats, assist classmates.

Remediation: Putting face into water as opposed to full body underwater, use of noodles, kickboards, the wall, or partners to assist in floating.

Instructional Methods: Demonstration, Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety Guide.

Assessments: Teacher or Partner Observation of breath holding and floats.

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Front Crawl Review

Time frame: 4 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: perform the front crawl for 25 yards.

Core Activities: Students will complete/participate in the following: breath control, prone float, prone glide, flutter kick, beginner arm stroke, front crawl (freestyle stroke).

| Breath Control | Prone Float | Prone Glide | Flutter Kick | Beginner Arm Stroke | Front Crawl |
|--|---|--|--|---|--|
| <ul style="list-style-type: none">- exhale under water- inhale above water, rotate it to breathe (rotary) | <ul style="list-style-type: none">- arms straight out- shoulders under water- face in water- let feet float to surface | <ul style="list-style-type: none">- inhale, face in water to hairline- push off wall with feet- maintain straight body position- increase distance and breath holding | <ul style="list-style-type: none">- straight legs- quiet kick- floppy ankles- "pigeon toed"- heel just breaks surface of water | <ul style="list-style-type: none">- reach and pull- alternate arms- arms about $\frac{3}{4}$ straight- hand enters water (index finger first)- sweep hand down and out | <ul style="list-style-type: none">- students put all of the aspects together |

Extensions: Front Crawl for more than 25 yards.

Remediation: Hold gutter for prone float, use kickboards for flutter kick, partner assist, front crawl for 15 yards.

Instructional Methods: Demonstration, Practice, Partner Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation or Partner Observation of Front Crawl

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Elementary Backstroke Review

Time frame: 4 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: demonstrate the elementary backstroke for 25 yards.

Core Activities: Students will complete/participate in the following: inverted breaststroke kick, arm stroke pattern (tickle, "T," touch), and glide

| Inverted Breaststroke Kick | Arm Stroke Pattern | Glide |
|--|--|---|
| <ul style="list-style-type: none">- start like back float, but streamlined- drop heels under buttocks- ankles out, curl toes upward- slide heels out and make semi-circle kick- complete when legs are together with toes pointed up | <ul style="list-style-type: none">- key words: tickle, "T," touch- start with arms at side just below surface- bend elbows so hands (palms down or in) slide up side to armpit (tickle)- point fingers out (palms facing feet) and extend arms ("T")- press palms and arms back towards feet until return to starting position (touch) | <ul style="list-style-type: none">- combine arm and leg movement to glide for 3-5 seconds- the fewer the strokes the better- inhale as arms come up, exhale as they sweep forward |

Extensions: Elementary Backstroke for more than 25 yards

Remediation: Use floatation devices, elementary backstroke for 15 yards.

Instructional Methods: Demonstration, Practice, Partner Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum,
Stroudsburg Area School District Curriculum, American Red Cross Swimming
and Water Safety

Assessments: Observation or Partner Observation

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Treading Water/Survival Float Review

Time frame: 2-3 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: tread water for two minutes, and survival float for one minute.

Core Activities: Students will complete/participate in the following: sculling action for arms, kicks (breaststroke, scissor, and egg beater), and survival float with underwater exhalation.

| Breaststroke/Scissors Kick | Egg Beater Kick | Survival Float |
|---|---|--|
| <ul style="list-style-type: none">- stay vertical, upper body bent slightly at waist- elbows bent, palms down, flat sculling motions | <ul style="list-style-type: none">- flex knees almost 90 degrees- rotate legs one at a time- left leg clockwise- right leg counterclockwise- large circular movements | <ul style="list-style-type: none">- similar to jelly fish float- float face down, head in water- exhale under water- lift head or roll to side for breath |

Extensions: Tread water for more than two minutes, survival float for more than one minute.

Remediation: Practice in shallow water, use of floatation devices or partners for both treading water and survival floating.

Instructional Methods: Demonstration, Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation or Partner Observation

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Surface Dives/Underwater Swimming Review

Time frame: 2 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: surface dive using the three types (feet first, tuck, and pike), and demonstrate underwater swimming for 25 yards.

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

| Feet First | Tuck | Pike | Underwater Swimming |
|--|--|--|--|
| <ul style="list-style-type: none">- tread water- press both hands down and do a breaststroke kick to lift body- take a deep breath at top- keep body vertical and streamlined- when downward speed slows, turn palms out and sweep hands and arms up (under water) | <ul style="list-style-type: none">- glide or swim stroke- take breath, sweep arms back to thighs and turn palms down- tuck chin to chest and draw legs into tuck position- roll until almost upside down- extend legs upward while pressing arms and hands forward with palms down | <ul style="list-style-type: none">- glide or swim stroke- sweep arms to thighs and turn them palm down- tuck chin to chest- arms reach forward and downward to bottom- lift legs upward, straight and together | <ul style="list-style-type: none">- push off wall while streamlined- modified breaststroke (sweep arms out and back toward thighs, bring palms together and push out in front of head)- flutter or breaststroke kick- lower or lift head to change body angle |

Extensions: Surface dive and retrieve and object using all three types, underwater swim for more than 25 yards.

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September 2010

Remediation: Shallow end practice, use of kickboards for underwater swimming, underwater swim for 10 yards.

Instructional Methods: Demonstration, Practice, Partner Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation or Partner Observation

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Diving Review

Time frame: 2 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: enter the water head first from a sitting, kneeling, and standing position.

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

| Sitting | Kneeling | Standing |
|---|--|---|
| <ul style="list-style-type: none">- sit on deck, heels in gutter- arms extend down toward water- head lowered between arms- lift hips- slight push with feet as student leans forward- aim for target that will give diver roughly a 45 degree entry- straighten body and extend legs upon contact with water- angle hands toward surface to bring body up | <ul style="list-style-type: none">- kneel on one knee while gripping edge with toes of other foot- foot of kneeling leg should be in position to help push from deck- extend arms over head- lower head between arms- lift hips and lean forward- slight push with feet- aim for target that will give diver roughly a 45 degree entry- straighten body and extend legs upon contact with water- angle hands toward surface to bring body up | <ul style="list-style-type: none">- toes on edge of pool- arms straight next to ears- chin to chest- bring arms back and extend over head- aim for target that will give diver roughly a 45 degree entry- drive forward, fingers touching first, toes last- angle hands toward surface to bring body up |

Extensions: Headfirst dive directly into a freestyle swim, assist classmates.

Remediation: Performing just a sitting dive, teacher or partner assist

Instructional Methods: Demonstration, Practice, Partner Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum,
Stroudsburg Area School District Curriculum, American Red Cross Swimming
and Water Safety

Assessments: Observation or Partner Observation

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Back Crawl

Time frame: 8-10 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: back crawl for 25 yards.

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

| Arm Stroke | Kick | Breathing/Timing |
|---|---|--|
| <ul style="list-style-type: none">- opposite with each other- hand enters water outside the shoulder, pinky first, palm outside- wrist angled slightly down- roll body to side of entry arm just prior to entry- sweep hand out and down as elbow bends- elbow points to bottom of pool- hand presses up, palm faces feet- arms end straight with hand below hips- lift arm out of water so thumb and back of hand exit first | <ul style="list-style-type: none">- similar to flutter, but deeper- alternating- ankles loose and floppy- feet pigeon toed (big toes just miss each other)- flex knee slightly on upward kick- leg nearly straight on downkick | <ul style="list-style-type: none">- inhale when one arm recovers (leaves the water)- exhale when other arm recovers- body rolls to side of entry arm |

Extensions: Back crawl for 25 yards, assist fellow students with the back crawl.

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Remediation: Use kickboards for support, back crawl 15 yards, use the ledge to practice arm motions.

Instructional Methods: Demonstration, Practice, Partner Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation or Partner Observation

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Stride Jumps

Time frame: 1 class

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

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

Core Activities: Students will complete/participate in the following: stand with one foot forward with toes over the edge of the pool, and their other foot back with arms to the side. They step into water bringing arms and legs together while keeping their head above water.

Extensions: Assist students with stride jumps.

Remediation: Use noodles to jump into pool.

Instructional Methods: Demonstration, Practice, Partner Practice, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation or Partner Observation.

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Rescue Assists

Time frame: 2-3 classes

State Standards: 10.5.6.C, 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:
perform basic rescue assists.

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

| Reaching Assist | Throwing Assist |
|--|--|
| <ul style="list-style-type: none">- using: reach pole, Shepherd's Crook, kickboard or noodle- students perform practice rescues | <ul style="list-style-type: none">- using any object that floats, such as: rescue tube, ring buoy, ball, or kickboard- practice throws to victim- Throwing Assist Game: throw floatable items at target (i.e. hula hoop) in middle of pool |

Extensions: Students assist each other, tie into rescue breathing/basic steps for a rescue (check consciousness, call 911).

Remediation: Shorter distance of reach/throw

Instructional Methods: Lecture, Demonstration, Practice

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Aquatic Games and Fitness Activities

Time frame: 6 classes

State Standards: 10.5.6.C, 10.5.6.F, 10.4.6.A, 10.4.6.B, 10.4.6.C., 10.4.6.F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to: successfully participate in team games and fitness activities.

Core Activities: Students will complete/participate in the following: relay races, water polo, fitness activities, water volleyball, water basketball, water baseball.

Extensions: Use the deep end, swim farther in relays, create a game.

Remediation: Having students stay in the shallow end, not swim as far in relays.

Instructional Methods: Lecture, Demonstration, Game Play, Observation

Materials & Resources: Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

Assessments: Observation or Partner Observation