

## Wilson Area School District Planned Course Guide

**Title of planned course:** Aquatics

**Subject Area:** Physical Wellness

**Grade Level:** 5th Grade

**Course Description:** This course is designed for students to learn water safety, survival skills, Surface level Skills (Breathing, floating and treading water), Basic Strokes (freestyle and backstroke), Deep Water Skills (Diving), and Aquatic Recreation activities.

**Time/Credit for this Course:** 2 times a week over the course of 6 months

**Curriculum Writing Committee:** Jessica Watts and Britany Kratz

## Curriculum Map

### (First and Second Marking Period)

**August:** Introduction to swim and water safety

**September:** Surface Level Skills

**October:** Basic Strokes (Front Crawl/Freestyle)

**November:** Basic Strokes (BackStroke)

**December:** Swim Test and Deep Water Skills

**January:** Aquatic Recreation

### (Third and Fourth Marking Period)

**Mid January:** Introduction to Swim and Water Safety

**February:** Surface Level Skills

**March:** Basic Strokes (Front Crawl/Freestyle)

**April:** Basic Strokes (Backstroke)

**May:** Swim Test and Deep Water Skills

**June:** Aquatic Recreation

# Wilson Area School District Planned Course Materials

**Course Title:** Aquatics

**Teacher Resources:**

American Red Cross

[www.icanswimpagosa.com](http://www.icanswimpagosa.com)- Calm Water Aquatics

SAS State Standards

## Curriculum Scope & Sequence

**Planned Course:** 5th Grade Aquatics

**Unit:** Introduction to Swim and Water Safety

**Time frame:** 4 classes (August and Mid January)

**State Standards:** 10.3.6.A, 10.3.6.B, 10.4.6.A

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

- Enter and exit the water safely
- Identify where emergency and first aid equipment is on the pool deck
- Identify the exits and locker rooms of the pool area
- Identify the depth markers and signage of the pool area

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

- Locker Room Tour
- Pool Deck Tour
- Pool Rules Crossword
- Entering and exiting the pool by using the ladder
- Entering and exiting the pool by Jumping
- Exiting the water by ladder

**Extensions:**

- Allow students to jump into the pool unassisted
- Allow students to fully submerge their head under the water
- Allow students to try and exit the water by the edge of the pool
- Allow students to try opening their eyes under the water

**Remediation:**

- Assist students into the water by ladder or jumping
- Allowing students to use a life vest or other flotation equipment if they are nervous in the water
- Have students practice just placing their face and ears in the water while standing instead of their whole head

**Instructional Methods:**

- Lecture
- Demonstration
- Discussion
- Practice
- Observation

**Materials & Resources:**

- Pool Safety Worksheet
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:**

- Teacher Observation of Water Adjustment
- Formal Assessment of Safety Rules

## Curriculum Scope & Sequence

**Planned Course:** 5th Grade Aquatics

**Unit:** Surface Level Skills

**Time frame:** 6 classes (September and February)

**State Standards:** 10.3.6.D, 10.4.6.A, 10.4.6.F, 10.5.6.A

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

- Hold their breath underwater
- Fully submerge under the water
- Open eyes under the water
- Perform front, back, tuck, and jellyfish float
- Perform the flutter kick while holding the wall
- Glide through the water
- Doggy paddle

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

- Independent practice of all main objectives
- Flutter kick on the wall
- Flutter kick with fins on the wall
- Partner checklist of all main objectives
- Heads up 7 up
- Back float class competition
- Kicking off the wall and gliding on the surface and under the surface of the water
- retrieving rings from the bottom of the pool
- Team torpedo game

**Extensions:**

- Allow students to increase their time holding their breath underwater
- Allow students to increase their performance time of each float
- Allow students to try and sit at the bottom of the pool
- Allow students to try and retrieve objects from the bottom of the pool
- Allow students to try and glide longer than two body lengths
- Allow students to combine a flutter or dolphin kick to the glide

**Remediation:**

- Allow students to use an aid in floating if they are struggling to float or do not feel comfortable
- Allow students to put only their face in the water and blow bubbles until they are comfortable fully submerging
- Allow students who do not feel confident in deeper water to not perform the swim test and continue to practice skill work in the shallow water
- Allow students to be assisted with glides and floats (teacher or classmate)

**Instructional Methods:**

- Lecture
- Demonstration
- Practice
- Teacher Observation
- Student Observation

**Materials & Resources:**

- Partner Checklist for Floats
- Fins
- Noodles
- Life vests
- Pool rings
- Torpedo
- Goals
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:**

- Teacher Observation
- Formal Assessment of the different floats using a checklist
- Summative assessment using whole class competitions
- Games using the flutter kick and different floats

## Curriculum Scope & Sequence

**Planned Course:** 5th Grade Aquatics

**Unit:** Basic Strokes

**Time frame:** 12-16 Classes (October-November and March-April)

**State Standards:** 10.3.6.D, 10.4.6.A, 10.4.6.F, 10.5.6.A

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

- Perform the flutter kick with proper form while holding a kickboard
- Perform the full front and back crawl strokes without use of props or assistance

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

- Flutter kick practice
- Kick of war with kickboards
- Kickboard Blob tag
- Front crawl arm practice with use of pool buoy to stabilize legs
- Full front crawl stroke practice
- Full front crawl relays
- Back crawl arm practice with use of pool buoy to stabilize legs
- Full back crawl stroke practice
- Full back crawl relays

**Extensions:**

- Allow students to practice the swim strokes skills in the deep water
- Allow students to perform the full stroke relays in the deep water
- Allow students to practice strokes without the use of props if they have previously demonstrated proper technique for full stroke

**Remediation:**

- Allow students to use the wall to hold onto while practicing the flutter kick
- Allow students to stay in shallow water while practicing swim stroke skills
- Allow students who are not proficient in performing the full strokes to continue practicing the skills and not participate in the relays
- Allow students who are still nervous or uncomfortable in the water to wear a life vest

**Instructional Methods:**

- Lecture
- Demonstration
- Practice
- Teacher Observation

**Materials & Resources:**

- Stroke Checklist
- Pool Buoy
- Life Vests
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:**

- Teacher Observation
- Formal Assessment of the flutter kick, front crawl, and backstroke
- Summative Assessment of strokes using relay races

## Curriculum Scope & Sequence

**Planned Course:** 5th Grade Aquatics

**Unit:** Swim Test and Deep Water Skills

**Time frame:** 6-8 Classes (December and May)

**State Standards:** 10.3.6.D, 10.4.6.A, 10.4.6.F, 10.5.6.A

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

- Perform a swim test
- Tread water using their arms and legs
- Bob up and down out of the water
- Perform skill combinations (swim float swim)
- Perform a dive off the side of the pool
- Build a flotation device
- Fall off of a flotation device and get back on

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

- Treading Water
- Bobbing
- Independent practice of skill combinations
- Diving
- Team Raft Building
- Partner practice of survival skills (getting on a flotation device)
- Swim test - swimming alongside the pool and swimming the length of the rope to the ladder in the 12 ft section of the pool without taking a rest

**Extensions:**

- Allow students to dive from a block if they can perform a standing dive from the side of the pool
- Allow students to increase the time that they are treading water in the deep end
- Allow students to practice throws and reach assists for more survival skills practice
- Allow students to practice retrieving in the deep end

**Remediation:**

- Allow students to practice the swim test in the shallow end of the pool if they are uncomfortable in the deep end
- Allow students to practice treading and bobbing in the shallow end if they are uncomfortable in the deep end of the pool
- Allow students to perform a sitting dive and or a kneel diving if they do not feel comfortable doing a standing dive
- Allow students to build the raft and float on it in the shallow end of the pool if they do not feel comfortable in the deep end
- Allow students to work on staying on a flotation device and assist in the shallow end if they are uncomfortable in the deep end of the pool

**Instructional Methods:**

- Lecture
- Demonstration
- Practice
- Teacher Observation
- Student Observation

**Materials & Resources:**

- Pool noodles
- Life vests
- Swim belts
- Kick boards
- Swim buoy
- Buoyancy swim barbell
- Kickboard
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:**

- Formative Assessment by using Teacher Observation and teacher checklist
- Summative assessment by completing the swim test and building and staying on the raft

## Curriculum Scope & Sequence

**Planned Course:** 5th Grade Aquatics

**Unit:** Aquatic Recreation

**Time frame:** 4-6 Classes (January and June)

**State Standards:** 10.3.6.D, 10.4.6.A, 10.4.6.F, 10.5.6.A

**Essential content/objectives:** At the end of the unit, students will be able to use appropriate offensive and defensive strategies throughout the sports/games, communicate with teammates, and demonstrate appropriate teamwork skills

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

- Water polo
- Water beach ball volleyball
- Water Basketball
- Sharks and Minnows
- Marco Polo
- Wacky Relay

**Extensions:**

- Allow students to play all sports and activities in the deep end of the pool
- Allow students to travel underwater while participating in activities
- Allow students to use a real volleyball instead of a beach ball for the volleyball games

**Remediation:**

- Allow the students to play all the games and activities in the shallow end of the pool
- Allow the students that need some assistance in the deep end to wear a life vest or a swim belt

**Instructional Methods:**

- Lecture
- Demonstration
- Practice
- Teacher Observation
- Student Observation

**Materials & Resources:**

- Water polo ball
- Volleyball
- Beach ball
- Basketball
- Pool noodles
- Life jackets
- Diving rings
- Fins
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:** Teacher observation