

## Wilson Area School District Planned Course Guide

**Title of planned course:** Aquatics 6th Grade

**Subject Area:** Physical Wellness

**Grade Level:** 6th Grade

**Course Description:** This course is designed for students to review water safety, learn basic survival skills, review and enhance basic strokes (freestyle and backstroke), refine diving skills, and participate in aquatic recreation activities.

**Time/Credit for this Course:** 2 times per week, over the course of 6 months (2 semesters)

**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 Review and swim test

**October:** Basic Strokes

**November:** Deep Water Skills

**December:** Aquatic Recreation

**January:** Wrap up activities

### (Third and Fourth Marking Period)

**Mid January:** Introduction to swim and water safety

**February:** Surface Level Review and swim test

**March:** Basic Strokes

**April:** Deep Water Skills

**May:** Aquatic Recreation

**June:** Wrap up activities

# Wilson Area School District Planned Course Materials

**Course Title:** Aquatics 6th Grade

**Teacher Resources:**

American Red Cross

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

## Curriculum Scope & Sequence

**Planned Course:** Aquatics 6th Grade

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

**Time frame:** 1-2 weeks or 2-4 classes

**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 Worksheet
- Locating all safety equipment around the pool
- Entering and exiting the pool by using the ladder
- Entering the pool by Jumping
- Exiting the water by using the wall

**Extensions:**

- Allow students to jump into the pool unassisted
- Allow students to fully submerge their head under the water
- Allow students who in the previous year have passed the swim test, to enter into the deep end of the pool
- 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 Rules 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:** Aquatics 6th Grade

**Unit:** Surface Level Review

**Time frame:** 3-4 weeks or 6-8 classes

**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:

- Fully submerge under water and hold breath
- Open eyes underwater
- Perform the back, front, and tuck float
- Bob up and down out of water
- Breathe underwater
- Create a floatation device out from an article of clothing
- Perform a near surface water rescue

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

- 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.
- Independent practice of all main objectives
- Heads up 7 up
- Partner competition with various movement and floating skills
- Team torpedo game
- Turning pants into a floatation device
- Near surface water rescues

**Extensions:**

- Allow students to start from the wall and push off underwater to see how far they can glide
- Allow students to sit on the bottom of the pool in the shallow end to see if they can hold their breath for 10 seconds
- Allow students to rotate every 10 seconds from back to jellyfish float and repeat 3 times each
- Allow students to bob up and down out of deep water
- Allow students to play torpedo game in the deep end of the pool
- Allow students to build a floatation device in the deep end of the pool

**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 swim test and continue to practice skill work in the shallow water

**Instructional Methods:**

- Lecture
- Demonstration
- Discussion
- Practice
- Observation

**Materials & Resources:**

- Noodles
- Swim belts
- Pants
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:**

- Teacher observation
- Student demonstration

## Curriculum Scope & Sequence

**Planned Course:** Aquatics 6th Grade

**Unit:** Basic Strokes

**Time frame:** 4 Weeks or 6-8 classes

**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

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

- Flutter kick practice
- Kickboard kick of war
- 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

**Instructional Methods:**

- Lecture
- Demonstration
- Discussion
- Practice
- Observation

**Materials & Resources:**

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

**Assessments:**

- Teacher observation
- Peer checklist

## Curriculum Scope & Sequence

**Planned Course:** Aquatics 6th Grade

**Unit:** Deep Water Skills

**Time frame:** 4 Weeks or 6-8 classes

**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:

- Tread water using their arms and legs
- Bob up and down out of the water
- Surface dive down to the bottom of the pool at different depths to retrieve objects
- Dive off of the side of the wall
- Build a raft using different materials to keep 3-4 students afloat
- Be able to appropriately respond in water related emergencies

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

- Treading Water
- Bobbing
- Object retrieval from bottom of pool
- Diving
- Surface Dives
- Team Raft Building
- Act out real life scenarios if ever stranded in open water

**Extensions:**

- Allow students to tread water with just leg movement and their hands in the air
- Allow students to dive off diving boards or the wall to retrieve objects at the bottom of the pool in the deep end
- Allow students to only use a certain amount of equipment to build the raft

**Remediation:**

- Allow students to use a floatation device in deep water to practice the kick for treading water
- Allow students to bob up and down out of the water in shallow water
- Allow students to surface dive in more shallow water
- Allow students to travel with their raft the width of the pool two times to stay in shallow water

**Instructional Methods:**

- Lecture
- Demonstration
- Discussion
- Practice
- Observation

**Materials & Resources:**

- Pool noodles
- Life jackets
- Swim belts
- Diving rings

- Kickboards
- Plastic coins
- American Red Cross Swimming and Water Safety Guide
- Calm Waters Aquatics School age Progression Chart
- SAS State Standards

**Assessments:**

- Teacher observation
- Student demonstration
- Success of raft
- 2 minute treading water test

## Curriculum Scope & Sequence

**Planned Course:** Aquatics 6th Grade

**Unit:** Aquatic Recreation

**Time frame:** 4 Weeks or 8 classes

**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
- Demonstrate appropriate teamwork skills
- Identify safety measures that should be taken when participating in open water activities such as canoeing and paddle sports

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

- Water polo
- Water Volleyball
- Water Basketball
- Sharks and Minnows
- Capture the flag
- Full length swim stroke relay races
- Full length team-building whacky relay

**Extensions:**

- Allow students to play all sports and relays in the deep end of the pool
- Allow students to travel underwater during water polo, capture the flag and during relay races
- Allow students to use regular volleyball during volleyball games

**Remediation:**

- Allow students to play all sports and relays in the shallow end of the pool
- Allow students to stay on the surface of water during water polo, capture the flag and during relay races
- Allow students to use a larger beach ball during the volleyball games

**Instructional Methods:**

- Lecture
- Demonstration
- Discussion
- Practice
- 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