

Middle School
Health & Physical Education



7th Grade Swim

Overview

The Middle School Health and Physical Education department continues to use the Pennsylvania State Standards to create meaningful lessons based on the individual benchmarks outlined in the standards. These standards can be found here.

The Pennsylvania Department of Education has outlined 5 categories for their standards in health and physical education. Students at all grade levels work on standards for concepts of health, healthful living, safety and injury prevention, physical activity, and concepts, principles, and strategies of movement. Each of the standards has prescribed benchmarks that students work to achieve. The benchmarks for each standard describe what students should know and be able to do by the end of the third, sixth, ninth, and twelfth grades.

In 7th Grade Swim the units we go over are:

- Lifesaving Skills
    - Based on Healthful Living 10.2.9. D
    - Based on Safety and Injury Prevention 10.3.9. B, & D.
- Swimming Stroke work - (i.e. Freestyle, Backstroke, Breaststroke, butterfly, etc.)
    - Based on Physical Activity 10.4.9. A. & C.
    - Based on Concepts, Principles, and Strategies of Movement 10.5.9. B
- Diving/ Diving Board Safety
    - Based on Safety and Injury Prevention 10.3.9. D
    - Derived from the National Pool and Spa Institute: American National Standard for Residential Inground Swimming Pools ANSI/NSPI-5 2003. Alexandria, Virginia: National Pool and Spa Institute, 2003.
- Synchronized Swimming
    - Based on Physical Activity 10.4.9. A, C, & F.
- Water Aerobics
    - Based on Physical Activity 10.4.9. A. & C
- Water Sports (i.e. Water Baseball, Basketball, Volleyball, Water Polo, etc.)
    - Based on Concepts, Principles, and Strategies of Movement 10.5.9. F