

Wilson Area School District Planned Course Guide

Title of Planned Course: Aquatics

Subject Area: Physical Education

Grade Level: Level 1

Course Description: Planned course to introduce students to basic water skills and safety.

Time/Credit for this Course: 12 weeks 24 classes

Curriculum Writing Committee: Ron Hannis, Mike Falcone, Joseph Spitale

Curriculum Map Aquatics – Level 1

Students will have two classes per week for 12 weeks, giving them 24 total classes. They will progress through the levels below at their own pace, with teachers' observing the necessary skills to advance to the next level. The following is only a suggested average pace.

Day 1 – Water Safety Rules / Buddy System

Day 2 – Water Safety Rules / Water Entry

Day 3 & 4 – Breath Holding

Day 5 – Breath Control

Day 6 & 7 – Prone Float

Day 8 & 9 – Prone Glide and Flutter Kick

Day 10 thru 15 – Beginner Stroke

Day 16 & 17 – Back Float

Day 18 – Back Glide

Day 19 & 20 – Submerging

Day 21 thru 24 – Fitness Circuit and Aquatic Games

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 1 Water Adjustment

Time frame: 4 classes

State Standards: 10.5.6; 10.4.6

Anchor(s) or adopted anchor:

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

Core Activities: Students will complete and participate in water safety rules, water entry, water movement, and underwater breath holding.

Extensions: Increase time with head underwater, open eyes underwater, jump in unassisted.

Remediation: Assist students into water, cup water in hands and wash face, touch face parts to water surface, hold on to sides, reinforce body system and safety rules with wall signs.

Instructional Methods: Demonstration, video, partners, practice and observation.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Ability to get in water
- Ability to hold breath underwater

Water Safety

- Be cool, follow the rule
- Swim with a buddy in supervised area
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go
- Wear a life jacket

Water Entry

- Sit and slide assisted
- Sit and slide unassisted
- Stand and jump in assisted
- Stand and jump in unassisted

Breath Holding

- Hold breath above water
- Hold breath with face in water
- Hold breath with head under water
- Breath holding contest

Buddy System

- A safety system for quick accounting of participants
- Pair with someone of similar ability
- Find buddy on signal, join hands and raise overhead
- All paired accounted for, buddy check complete
- Buddies must keep each other informed of whereabouts.

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 1 Breath Control / Beginner Stroke

Time frame: 10 classes

State Standards: 10.5.6; 10.4.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to bob up and down for breathing, perform prone glide, flutter kick, prone float and beginning arm stroke.

Core Activities: Students will complete/participate in breath control, prone float, prone glide, flutter kick, prone glide with flutter kick, beginner stroke.

Extensions: 15 yards beginners stroke, 5 yard glide with flutter kick.

Remediation: Use kick boards or floatation device, hold onto sides, assisted glide and float.

Instructional Methods: Demonstrate, practice, partners.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Prone glide
- Flutter kick
- Combination of two
- Beginners stroke 2 width of pool

Breath Control

- Inhale/exhale through mouth and nose about water
- Inhale/exhale through mouth and nose below water
- Bobbing up and down – exhale underwater, inhale above water

Prone Float

- Body position
- Recovery to stand

Prone Glide

- Inhale, face in water to hairline
- Push off the wall or bottom with feet
- Gradually increase distance by holding breath longer

Flutter Kick

- Body position
- Leg action

Beginner stroke

- Waist deep water reach and pull arm action under water
- Arms alternate
- Combine with flutter kick
- Breathing patterns

Curriculum Scope & Sequence

Planned Course: Aquatics

Unit: Level 1

Time frame: 10 classes

State Standards: 10.5.6; 10.4.6

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to do back float, back glide, and submerge.

Core Activities: Students will complete/participate in the back float, back glide and submerge.

Extensions: 20 yard basic stroke, 20 seconds back float, retrieve 3 objects underwater.

Remediation: Floatation device, holding onto side, one on one assistance.

Instructional Methods: Demonstration, practice.

Materials & Resources:

- YMCA Youth and Adult Aquatic Program Manual
- American Red Cross Swimming and Water Safety

Assessments: Teacher observation

- Ability to touch bottom
- Back Float unassisted 15 seconds
- Back glide 5 yards

Back Float

- Extend arms out from side at shoulder height
- Place ears and back of head in water
- Gently push feet from bottom or wall
- Push stomach to surface

Back Glide

- Review back float
- Streamline body position
- Combine movement

Submerging

- Ability to submerge in shallow end touching bottom
- Breath control
- Body position