MS/HS Swimming Unit

Swimming is an important life skill for both fitness and safety. Students in Grades 5-12 will participate in a 10 week unit on swimming as part of MS/HS Physical Education program. Each grade will have one 60-minute swimming lessons per week. Students will be grouped according to their grade level but taught in groups according to their skill level within the class. Ms. Heidi will be the instructor and Mr. Tobias will assist with the class. Students are expected to practice their swimming skills outside of class time. The theoretical part of this course will include presentations related to swimming.

Schedule

Grade 5/6 - Thursday Morning: 8 a.m. to 9:00 a.m.

Grade 7/8 - Tuesday Morning: 8 a.m. to 9:00 a.m

Grades 9-12 Tuesday Morning 9:20 - 10:20 a.m.

Skill Development

Students will learn front crawl (freestyle), back crawl and breast stroke. In addition, students may learn one other strokes such as - sidestroke, elementary backstroke or butterfly. Other skills taught in this class are dives and turns.

Stroke Improvement

Drills and practice will be used to improve stroke technique. Students will also be video taped and view their personal videos in order to make plans for improvement. Students will be asked to view several swimming videos along side their personal swimming videos in order to analyze their performance and chart a course for improvement. Students are encouraged to help each other to improve their strokes and skills.

Endurance & Fitness

Students are expected to be physically active throughout this unit. Students’ distance and/or time spent swimming will be part of their swimming grade. Students are encouraged to get in the pool promptly for each lesson and swim outside of class time to increase their endurance and personal fitness.

Survival, Water Safety & Rescue

Safety is essential when it comes to swimming and this course will include basic survival and rescue techniques. Students need to be aware of the basic safety rules and follow them at all times. Students will investigate and present information on topics related to water safety as part of the theoretical part of this course. In addition, students will learn CPR and choking procedures, if time permits.

Other Swimming Topics

Other topics included in this course include the health benefits of swimming, the physical principles or physics of swimming, famous swimmers and the history of the sport. Students will be required to investigate a variety of topics and present oral and written presentations to their peers (or another approved group within the school community). Presentations may be done with a partner.
Physical Education: Swimming

Major Assignments

Swimming strokes tests: Take these tests as many times as you can to get the best score. Use the points in the self-assessment to help you improve your strokes and skills.

- Front Crawl/Freestyle
- Back Swim/Crawl
- Breast Stroke
- An Additional Stroke

Swimming skills tests: Use the points in the self-assessment to help you improve your strokes and skills.

- Turns & Dives
- Survival
- Rescue

Swimming VIDEO stroke analysis (2): Review your personal swimming videos and compare them to the professionals. Complete the analysis questions and see what you need to do to improve.

- Freestyle Analysis
- Backstroke Analysis

Go the Distance or Do the Time: Build up your endurance and track your progress to be handed in mid-quarter and final

- Personal Swimming Log

Swimming Topics Presentation: Be as creative as you can and teach the group about your assigned topics. Presentations will be both oral and written. (1 page written and 5-7 minute presentation)

- CPR & First Aid
- Physical Principles
- Famous Swimmers/History
- Water Safety
- Fitness Benefits

Skills & Strokes

Week 1: Introduction to class routines and pre-assessment
Week 2: Basic safety; front and back swim/crawl
Week 3: Review front and back swim strokes and introduce breast stroke

Survival & Safety

Week 4: Review breast stroke and introduce diving/entries
Week 5: Review diving & general stroke correction (assessment)
Week 6: Turns and dives/entries; survival swimming (bring your clothes); introduce a new stroke & simple rescues

Ongoing Stroke Improvement

Week 7: Presentation 1 (assessment); stroke refinement; endurance swim
Week 8: Breast stroke refinement; endurance swim; simple rescues
Week 9: Turns and dives (final assessment); simple rescues (assessment)
Week 10: Individualized stroke improvement and (final assessment)

Assignment Dates

Week One: Pre Assessment (baseline)
Week Five: Mid Course Stroke Assessment (formative)
Week Six - Ten: 10% Swimming Presentation (presentations will be scheduled; 1 page and 5-7 minute presentation)
Week Seven: 5% Go the Distance or Do the Time (email or hand in mid-quarter swimming log)
5% Freestyle Video Analysis (email or hand in analysis; 1 page)
Week Eight: 5% Back Stroke Video Analysis (email or hand in analysis; 1 page)
Week Nine: 5% Survival Skills & Rescue (in class test)
Week Ten: 55% Final day for all Stroke Tests (ongoing but this is the final day for in class testing)
Week Ten: 10% Go the Distance or Do the Time (email or hand in final swimming log)
Ongoing: 5% Stroke improvement work/class participation and attendance (observation by teacher throughout...includes self improvement and partner feedback)