



Elementary Aquatics 2nd Grade

Course/Subject: Aquatics

Grade: 2

Suggested Timeline:
6 Classes

Grade Level Summary

This unit introduces basic water and safety skills. The six lessons provide an introduction to water skills, build fundamental aquatic skills, and begin stroke development. Specific skill development ranges from safely entering and exiting water, submerging mouth, nose, and eyes, submerging entire head, to front and back glide. Students may progress to bobbing, treading for 30 seconds, swimming 15 feet on front and 10 feet on back, to freestyle stroke development. Student swimming ability and experience are taken into consideration, and student groups provide differentiated instruction to meet students' needs.

Unit Title

Introduction to Aquatics

Unit Summary

The aquatics unit will introduce to the students basic water acclimation and safety skills. Focus will be on American Red Cross Learn to Swim Levels 1 and 2. Students are at all different levels in their swimming ability. After assessing each student, we will place them in two groups. Focus for new swimmers is basic water acclimation. The advanced group will be introduced to the freestyle stroke.

Unit Essential Questions:

1. Am I loose and relaxed in the water?

Key Understandings:

1. Safety rules and hazards in the Natatorium will be identified and explained.
2. Students will practice by applying critical cues for the different swimming skills.

Focus Standards Addressed in the Unit:

Standard Number

Standard Description

10.3.3 D

Identify and use safe practices in physical activity settings.

10.5.3 A

Recognize and use basic movement skills and concepts.

10.3.3 B

Recognize emergency situations and explain appropriate responses.

Important Standards Addressed in the Unit:

10.5.3 B

Recognize and describe the concepts of motor skill development using appropriate vocabulary.

10.5.3.C

Know the function of practice.

Misconceptions:	Proper Conceptions:
1. Tightening and tensing your muscles will keep you afloat and enable you to perform the skill.	1. Relaxing in the water is the key to success in swimming.

Knowledge & Concepts	Skills & Competencies	Dispositions & Practices
<ul style="list-style-type: none"> The student will learn basic terminology associated with the different swimming skills. The student will understand and follow the safety rules necessary in the aquatics unit. 	<ul style="list-style-type: none"> The student will observe and adhere to the safety rules at all times during all classes. Students will practice swimming skills by applying critical cues that include but are not limited to the following swimming skills: bubbles/blinkers, front and back floats, flutter kick, beginner back, beginner stroke, front crawl, back crawl, treading water, jumping shallow and deep. 	<ul style="list-style-type: none"> The student will succeed or improve their skills by practice and feedback given.

Academic Vocabulary:

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| <ul style="list-style-type: none"> Entering and exiting a pool Bubbles, breath Loose and relaxed Tight and tense Front and back floats | <ul style="list-style-type: none"> Flutter kick Beginner back Treading water Reach and pull Freestyle or Front Crawl Stroke | <ul style="list-style-type: none"> Kneeling dives Bobbing to Safety Personal Floatation Devices |
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Assessments

- Students will be given a pre-assessment at the beginning of the unit to see which group they should be placed.

Differentiation:

- A pre-assessment skills test will be given at the beginning of the unit. Students will be placed in two groups, deep and shallow. This is done for safety reasons. Some students in the shallow group will be able to eventually go in the deep end if their swimming skills improve.
- Students with developed swimming skills may be used to demonstrate skills.

Interdisciplinary Connections:

Additional Resources:

- American Red Cross Learn to Swim Levels 1-2, Natatorium safety rules.

Created By:

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Elementary Aquatics

4th Grade

Course/Subject: Aquatics

Grade: 4

Suggested Timeline:
6 classes

Grade Level Summary	This unit continues to build upon basic water and safety skills. The six lessons provide an introduction to water skills, build fundamental aquatic skills, and expand upon stroke development. Student swimming ability and experience are taken into consideration, and student groups provide differentiated instruction to meet students' needs.
Grade Level Units	N/A

Unit Title	Intermediate Aquatics
Unit Summary	The aquatics unit will continue to build on basic water and safety skills that the student learned in second grade. Focus will be on American Red Cross Learn to Swim Levels 1, 2, and 3. Students are at all different levels in their swimming ability. After assessing each student, we will place them in two groups. Focus for new swimmers is basic water acclimation and skills including introduction to the freestyle stroke. The advanced group will focus on the freestyle stroke, backstroke, elementary backstroke and diving.

Unit Essential Questions: 1. Am I holding my breath when I am swimming?	Key Understandings: 1. Safety rules and hazards in the Natatorium will be identified and explained. Students will participate in class discussion and observation of basic water safety. 2. Students will practice by applying critical cues for the different swimming skills.
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Focus Standards Addressed in the Unit:

<i>Standard Number</i>	<i>Standard Description</i>
10.3.6 D	Analyze the role of individual responsibility for safety during activity.
10.5.6.A	Explain and apply the basic skill movement skills and concepts to create and perform movement sequences and advanced skills.

Important Standards Addressed in the Unit:

10.5.6B	Identify and apply concepts of motor skill development to a variety of different skills.
10.5.6C	Describe the relationship between practice and skill development.

Misconceptions:	Proper Conceptions:
1. Holding your breath while swimming will enable a person to swim farther.	1. To swim correctly, a swimmer must exhale when his face is under the water in order to take a breath of air when his face rolls to the side.

Knowledge & Concepts	Skills & Competencies	Dispositions & Practices
<ul style="list-style-type: none"> The student will understand and follow the safety rules necessary in the aquatics unit. The student will learn basic terminology associated with the different swimming skills. 	<ul style="list-style-type: none"> The student will observe and adhere to the safety rules at all times during all classes. Depending on the group the student is assigned to during the pre-assessment, students will learn and build upon the following skills: bobbing, front and back floats, push-offs, treading water, freestyle stroke, backstroke, elementary backstroke, and diving. 	<ul style="list-style-type: none"> The student will succeed or improve their skills by practice and feedback given.

Academic Vocabulary:

<ul style="list-style-type: none"> Bobbing Front and back floats Flutter kick Whip kick Beginner Back 	<ul style="list-style-type: none"> Treading Water Reach and Pull Rhythmic Breathing Freestyle or Front Crawl Stroke 	<ul style="list-style-type: none"> Backstroke Elementary Backstroke Kneeling, Stride and Standing front dives Reaching and throwing assists
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Assessments:

<ul style="list-style-type: none"> Students will be given a pre-assessment at the beginning of the unit to see which group they should be placed.
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Differentiation:

<ul style="list-style-type: none"> A pre-assessment skills test will be given at the beginning of the unit. Students will be placed in two groups, deep and shallow. This is done for safety reasons. Some students in the shallow group will be able to eventually go in the deep end if their swimming skills improve. Students with developed swimming skills may be used to demonstrate skills.

Interdisciplinary Connections:

<ul style="list-style-type: none"> Scientific principles that affect swimming will be discussed including buoyancy, Archimedes Principle and Newton's laws of motion.
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Additional Resources:

<ul style="list-style-type: none"> American Red Cross Learn to Swim Levels 1-3, Natatorium safety rules.

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