

## Curriculum Map

**August:** Water Safety

**September:** Water Adjustment/Floats

**October:** Beginner Stroke/Front Crawl

**November:** Beginner Stroke

**December:** Tread Water/Survival Float

**January:** Elementary Backstroke

**February:** Elementary Backstroke

**March:** Surface Dives/Underwater Swimming

**April:** Diving

**May:** Aquatic Games/Fitness Activities

**June:** Aquatic Games/Fitness Activities

**Wilson Area School District  
Planned Course Materials**

**Course Title:** Physical Wellness (Aquatics)

**Textbook:**

**Supplemental Books:**

**Teacher Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

## Wilson Area School District Planned Course Guide

**Title of planned course:** Aquatics

**Subject Area:** Physical Wellness

**Grade Level:** 5th

**Course Description:** This course is designed to introduce students to the basic strokes and survival skills of aquatics.

**Time/Credit for this Course:** One time per week for 36 weeks

**Curriculum Writing Committee:** Mike Falcone

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Water Safety and Adjustment

**Time frame:** 2-3 classes

**State Standards:** 10.5.6.C; 10.4.6.F

**Anchor(s) or adopted anchor:**

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

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

<b>Water Safety</b>	<b>Buddy System</b>	<b>Adjustment</b>
<ul style="list-style-type: none"><li>- walk on the side</li><li>- look before you leap</li><li>- think so you don't sink</li><li>- reach or throw, don't go</li><li>- swim with a buddy</li><li>- know your limits</li></ul>	<ul style="list-style-type: none"><li>- quick accountability</li><li>- pair up with another student</li><li>- on the signal, find your buddy and raise hands in the air</li><li>- let your buddy know your whereabouts</li></ul>	<ul style="list-style-type: none"><li>- sit and slide</li><li>- stand and jump</li><li>- splash water on face</li><li>- submerge your face</li><li>- move around the water</li></ul>

**Extensions:** Jump in the water unassisted, increase time with head underwater, open eyes underwater, assist fellow students with water adjustment.

**Remediation:** Assist students into water (by teacher or fellow student), hold onto sides, splash water onto face as opposed to going under, touch face parts to water surface.

**Instructional Methods:** Lecture, Demonstration, Partner Practice, Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety Guide

**Assessments:** Teacher Observation of water adjustment

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Breath Control/Floats

**Time frame:** 2-3 classes

**State Standards:** 10.5.6.C, 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: hold their breath underwater, and perform the jellyfish float, tuck float, front float, and back float.

**Core Activities:** Students will complete/participate in the following: underwater breath holding, jellyfish float, tuck float, front float, and back float.

<b>Breath Holding</b>	<b>Jellyfish Float</b>	<b>Tuck Float</b>	<b>Front Float</b>	<b>Back Float</b>
<ul style="list-style-type: none"><li>- hold breath above water</li><li>- hold breath with face in water</li><li>- hold breath with head under water</li><li>- breath holding contest</li></ul>	<ul style="list-style-type: none"><li>- deep breath and hold</li><li>- bend forward at waist</li><li>- put head in water</li><li>- flex knees to raise feet off bottom</li><li>- let arms and legs hang from body</li></ul>	<ul style="list-style-type: none"><li>- deep breath and hold</li><li>- bend forward at waist</li><li>- put head in water</li><li>- flex hips and knees and bring them to body</li><li>- hold legs at mid-calf</li><li>- hold breath</li></ul>	<ul style="list-style-type: none"><li>- extend arms in water above head</li><li>- take breath and put face in until ears are covered</li><li>- lift chin gently</li><li>- blow air out nose</li><li>- relax legs and gently push off bottom</li></ul>	<ul style="list-style-type: none"><li>- take a deep breath</li><li>- lay your head back</li><li>- arch body gently at hips</li><li>- bend knees</li><li>- hold arms out from shoulders, palms up</li><li>- breathe in and out every few seconds</li></ul>

**Extensions:** Increase time spent holding breath underwater and performing the floats, assist classmates.

**Remediation:** Putting face into water as opposed to full body underwater, use of noodles, kickboards, the wall, or partners to assist in floating.

**Instructional Methods:** Demonstration, Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety Guide.

**Assessments:** Teacher or Partner Observation of breath holding and floats.

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Beginner Stroke/Front Crawl

**Time frame:** 8 classes

**State Standards:** 10.5.6.C, 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: perform the front crawl for 15 yards.

**Core Activities:** Students will complete/participate in the following: breath control, prone float, prone glide, flutter kick, beginner arm stroke, front crawl (freestyle stroke).

<b>Breath Control</b>	<b>Prone Float</b>	<b>Prone Glide</b>	<b>Flutter Kick</b>	<b>Beginner Arm Stroke</b>	<b>Front Crawl</b>
<ul style="list-style-type: none"><li>- exhale under water</li><li>- inhale above</li><li>- face in water, rotate it to breathe (rotary)</li></ul>	<ul style="list-style-type: none"><li>- arms straight out</li><li>- shoulders under water</li><li>- face in water</li><li>- let feet float to surface</li></ul>	<ul style="list-style-type: none"><li>- inhale, face in water to hairline</li><li>- push off wall with feet</li><li>- maintain straight body position</li><li>- increase distance and breath holding</li></ul>	<ul style="list-style-type: none"><li>- straight legs</li><li>- quiet kick</li><li>- floppy ankles</li><li>- "pigeon toed"</li><li>- heel just breaks surface of water</li></ul>	<ul style="list-style-type: none"><li>- reach and pull</li><li>- alternate arms</li><li>- arms about <math>\frac{3}{4}</math> straight</li><li>- hand enters water (index finger first)</li><li>- sweep hand down and out</li></ul>	<ul style="list-style-type: none"><li>- students put all of the aspects together</li></ul>

**Extensions:** Front Crawl for 25 yards.

**Remediation:** Hold gutter for prone float, use kickboards for flutter kick, partner assist, front crawl for 5 yards.

**Instructional Methods:** Demonstration, Practice, Partner Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

**Assessments:** Observation or Partner Observation of Front Crawl



## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Treading Water/Survival Float

**Time frame:** 2-3 classes

**State Standards:** 10.5.6.C, 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: tread water for one minute, and survival float for 30 seconds.

**Core Activities:** Students will complete/participate in the following: sculling action for arms, kicks (breaststroke, scissor, and egg beater), and survival float with underwater exhalation.

<b>Breaststroke/Scissors Kick</b>	<b>Egg Beater Kick</b>	<b>Survival Float</b>
<ul style="list-style-type: none"><li>- stay vertical, upper body bent slightly at waist</li><li>- elbows bent, palms down, flat sculling motions</li></ul>	<ul style="list-style-type: none"><li>- flex knees almost 90 degrees</li><li>- rotate legs one at a time</li><li>- left leg clockwise</li><li>- right leg counterclockwise</li><li>- large circular movements</li></ul>	<ul style="list-style-type: none"><li>- similar to jelly fish float</li><li>- float face down, head in water</li><li>- exhale under water</li><li>- lift head or roll to side for breath</li></ul>

**Extensions:** Tread water for more than one minute, survival float for more than 30 seconds.

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**Remediation:** Practice in shallow water, use of floatation devices or partners for both treading water and survival floating.

**Instructional Methods:** Demonstration, Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

**Assessments:** Observation or Partner Observation

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Elementary Backstroke

**Time frame:** 8 classes

**State Standards:** 10.5.6.C, 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: demonstrate the elementary backstroke for 15 yards.

**Core Activities:** Students will complete/participate in the following: inverted breaststroke kick, arm stroke pattern (tickle, "T," touch), and glide

<b>Inverted Breaststroke Kick</b>	<b>Arm Stroke Pattern</b>	<b>Glide</b>
<ul style="list-style-type: none"><li>- start like back float, but streamlined</li><li>- drop heels under buttocks</li><li>- ankles out, curl toes upward</li><li>- slide heels out and make semi-circle kick</li><li>- complete when legs are together with toes pointed up</li></ul>	<ul style="list-style-type: none"><li>- key words: tickle, "T," touch</li><li>- start with arms at side just below surface</li><li>- bend elbows so hands (palms down or in) slide up side to armpit (tickle)</li><li>- point fingers out (palms facing feet) and extend arms ("T")</li><li>- press palms and arms back towards feet until return to starting position (touch)</li></ul>	<ul style="list-style-type: none"><li>- combine arm and leg movement to glide for 3-5 seconds</li><li>- the fewer the strokes the better</li><li>- inhale as arms come up, exhale as they sweep forward</li></ul>

**Extensions:** Elementary Backstroke for more than 15 yards

**Remediation:** Use floatation devices, elementary backstroke for 10 yards.

**Instructional Methods:** Demonstration, Practice, Partner Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum,  
Stroudsburg Area School District Curriculum, American Red Cross Swimming  
and Water Safety

**Assessments:** Observation or Partner Observation

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Surface Dives/Underwater Swimming

**Time frame:** 2-3 classes

**State Standards:** 10.5.6.C, 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: surface dive using one of the three types (feet first, tuck, and pike), and demonstrate underwater swimming for 10 yards.

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

<b>Feet First</b>	<b>Tuck</b>	<b>Pike</b>	<b>Underwater Swimming</b>
<ul style="list-style-type: none"><li>- tread water</li><li>- press both hands down and do a breaststroke kick to lift body</li><li>- take a deep breath at top</li><li>- keep body vertical and streamlined</li><li>- when downward speed slows, turn palms out and sweep hands and arms up (under water)</li></ul>	<ul style="list-style-type: none"><li>- glide or swim stroke</li><li>- take breath, sweep arms back to thighs and turn palms down</li><li>- tuck chin to chest and draw legs into tuck position</li><li>- roll until almost upside down</li><li>- extend legs upward while pressing arms and hands forward with palms down</li></ul>	<ul style="list-style-type: none"><li>- glide or swim stroke</li><li>- sweep arms to thighs and turn them palm down</li><li>- tuck chin to chest</li><li>- arms reach forward and downward to bottom</li><li>- lift legs upward, straight and together</li></ul>	<ul style="list-style-type: none"><li>- push off wall while streamlined</li><li>- modified breaststroke (sweep arms out and back toward thighs, bring palms together and push out in front of head)</li><li>- flutter or breaststroke kick</li><li>- lower or lift head to change body angle</li></ul>

**Extensions:** Surface dive using all three types, underwater swim for more than 10 yards.

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**Remediation:** Shallow end practice, use kickboards for underwater swimming, underwater swim for 5 yards.

**Instructional Methods:** Demonstration, Practice, Partner Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

**Assessments:** Observation or Partner Observation

## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Diving

**Time frame:** 2-3 classes

**State Standards:** 10.5.6.C, 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: enter the water head first from a sitting, kneeling, and/or standing position.

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

<b>Sitting</b>	<b>Kneeling</b>	<b>Standing</b>
<ul style="list-style-type: none"><li>- sit on deck, heels in gutter</li><li>- arms extend down toward water</li><li>- head lowered between arms</li><li>- lift hips</li><li>- slight push with feet as student leans forward</li><li>- aim for target that will give diver roughly a 45 degree entry</li><li>- straighten body and extend legs upon contact with water</li><li>- angle hands toward surface to bring body up</li></ul>	<ul style="list-style-type: none"><li>- kneel on one knee while gripping edge with toes of other foot</li><li>- foot of kneeling leg should be in position to help push from deck</li><li>- extend arms over head</li><li>- lower head between arms</li><li>- lift hips and lean forward</li><li>- slight push with feet</li><li>- aim for target that will give diver roughly a 45 degree entry</li><li>- straighten body and extend legs upon contact with water</li><li>- angle hands toward surface to bring body up</li></ul>	<ul style="list-style-type: none"><li>- toes on edge of pool</li><li>- arms straight next to ears</li><li>- chin to chest</li><li>- bring arms back and extend over head</li><li>- aim for target that will give diver roughly a 45 degree entry</li><li>- drive forward, fingers touching first, toes last</li><li>- angle hands toward surface to bring body up</li></ul>

**Extensions:** Headfirst dive directly into a freestyle swim, assist classmates.

**Remediation:** Performing just a sitting dive, teacher or partner assist

**Instructional Methods:** Demonstration, Practice, Partner Practice, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum,  
Stroudsburg Area School District Curriculum, American Red Cross Swimming  
and Water Safety

**Assessments:** Observation or Partner Observation



## Curriculum Scope & Sequence

**Planned Course:** Aquatics

**Unit:** Aquatic Games and Fitness Activities

**Time frame:** 6 classes

**State Standards:** 10.5.6.C, 10.5.6.F, 10.4.6.A, 10.4.6.B, 10.4.6.C., 10.4.6.F

**Anchor(s) or adopted anchor:**

**Essential content/objectives:** At end of the unit, students will be able to: successfully participate in team games and fitness activities.

**Core Activities:** Students will complete/participate in the following: relay races, water polo, fitness activities, water volleyball, water basketball, water baseball.

**Extensions:** Use the deep end, swim farther in relays.

**Remediation:** Having students stay in the shallow end, not swim as far in relays.

**Instructional Methods:** Lecture, Demonstration, Game Play, Observation

**Materials & Resources:** Pocono Mountain School District Curriculum, Stroudsburg Area School District Curriculum, American Red Cross Swimming and Water Safety

**Assessments:** Observation or Partner Observation