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
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:

<table>
<thead>
<tr>
<th>Water Safety</th>
<th>Buddy System</th>
<th>Adjustment</th>
</tr>
</thead>
<tbody>
<tr>
<td>- walk on the side</td>
<td>- quick accountability</td>
<td>- sit and slide</td>
</tr>
<tr>
<td>- look before you leap</td>
<td>- pair up with another student</td>
<td>- stand and jump</td>
</tr>
<tr>
<td>- think so you don’t sink</td>
<td>- on the signal, find your buddy and raise your hands in the air</td>
<td>- splash water on face</td>
</tr>
<tr>
<td>- reach or throw, don’t go</td>
<td>- let your buddy know your whereabouts</td>
<td>- submerge your face</td>
</tr>
<tr>
<td>- swim with a buddy</td>
<td></td>
<td>- move around the water</td>
</tr>
<tr>
<td>- know your limits</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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


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.

<table>
<thead>
<tr>
<th>Breath Holding</th>
<th>Jellyfish Float</th>
<th>Tuck Float</th>
<th>Front Float</th>
<th>Back Float</th>
</tr>
</thead>
<tbody>
<tr>
<td>- hold breath above water</td>
<td>- deep breath and hold</td>
<td>- deep breath and hold</td>
<td>- extend arms in water above head</td>
<td>- take a deep breath</td>
</tr>
<tr>
<td>- hold breath with face in water</td>
<td>- bend forward at waist</td>
<td>- bend forward at waist</td>
<td>- take breath and put face in</td>
<td>- lay your head back</td>
</tr>
<tr>
<td>- hold breath with head under water</td>
<td>- put head in water</td>
<td>- put head in water</td>
<td>until ears are covered</td>
<td>- arch body gently at hips</td>
</tr>
<tr>
<td>- breath holding contest</td>
<td>- flex knees to raise feet off</td>
<td>- flex hips and knees and bring</td>
<td>- lift chin gently</td>
<td>- bend knees</td>
</tr>
<tr>
<td></td>
<td>bottom</td>
<td>them to body</td>
<td>- blow air out nose</td>
<td>- hold arms out from shoulders,</td>
</tr>
<tr>
<td></td>
<td>- let arms and legs hang from</td>
<td>- hold legs at mid-calf</td>
<td>- relax legs and gently</td>
<td>palms up</td>
</tr>
<tr>
<td></td>
<td>body</td>
<td>- hold breath</td>
<td>push off bottom</td>
<td>- breathe in and out every few</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>seconds</td>
</tr>
</tbody>
</table>

**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).

<table>
<thead>
<tr>
<th>Breath Control</th>
<th>Prone Float</th>
<th>Prone Glide</th>
<th>Flutter Kick</th>
<th>Beginner Arm Stroke</th>
<th>Front Crawl</th>
</tr>
</thead>
<tbody>
<tr>
<td>- exhale under water</td>
<td>- arms straight out</td>
<td>- inhale, face in water to hairline</td>
<td>- straight legs</td>
<td>- reach and pull</td>
<td>- students put all of the aspects together</td>
</tr>
<tr>
<td>- inhale above</td>
<td>- shoulders under water</td>
<td>- quiet kick</td>
<td>- alternate arms</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- face in water</td>
<td>- face in water</td>
<td>- floppy ankles</td>
<td>- arms about ¾ straight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- let feet float to surface</td>
<td>- let feet float to surface</td>
<td>- &quot;pigeon toed&quot;</td>
<td>- hand enters water (index finger first)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(rotary)</td>
<td></td>
<td>- heel just breaks surface of water</td>
<td>- sweep hand down and out</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Breaststroke/Scissors Kick</th>
<th>Egg Beater Kick</th>
<th>Survival Float</th>
</tr>
</thead>
</table>
| - stay vertical, upper body bent slightly at waist  
- elbows bent, palms down, flat sculling motions | - flex knees almost 90 degrees  
- rotate legs one at a time  
- left leg clockwise  
- right leg counterclockwise  
- large circular movements | - similar to jelly fish float  
- float face down, head in water  
- exhale under water  
- lift head or roll to side for breath |

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

<table>
<thead>
<tr>
<th>Inverted Breaststroke Kick</th>
<th>Arm Stroke Pattern</th>
<th>Glide</th>
</tr>
</thead>
<tbody>
<tr>
<td>- start like back float, but streamlined</td>
<td>- key words: tickle, “T,” touch</td>
<td>- combine arm and leg movement to glide for 3-5 seconds</td>
</tr>
<tr>
<td>- drop heels under buttocks</td>
<td>- start with arms at side just below surface</td>
<td>- the fewer the strokes the better</td>
</tr>
<tr>
<td>- ankles out, curl toes upward</td>
<td>- bend elbows so hands (palms down or in) slide up side to armpit (tickle)</td>
<td>- inhale as arms come up, exhale as they sweep forward</td>
</tr>
<tr>
<td>- slide heels out and make semi-circle kick</td>
<td>- point fingers out (palms facing feet) and extend arms (“T”)</td>
<td></td>
</tr>
<tr>
<td>- complete when legs are together with toes pointed up</td>
<td>- press palms and arms back towards feet until return to starting position (touch)</td>
<td></td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Feet First</th>
<th>Tuck</th>
<th>Pike</th>
<th>Underwater Swimming</th>
</tr>
</thead>
<tbody>
<tr>
<td>- tread water</td>
<td>- glide or swim stroke</td>
<td>- glide or swim stroke</td>
<td>- push off wall while streamlined</td>
</tr>
<tr>
<td>- press both hands down and do a breaststroke</td>
<td>- take breath, sweep arms back to thighs and turn</td>
<td>- sweep arms to thighs and turn them palm down</td>
<td>- modified breaststroke (sweep arms</td>
</tr>
<tr>
<td>- take a deep breath at top</td>
<td>palms down</td>
<td>- tuck chin to chest</td>
<td>out and back toward thighs, bring</td>
</tr>
<tr>
<td>- keep body vertical and streamlined</td>
<td>- tuck chin to chest and draw legs into tuck</td>
<td>- arms reach forward and downward to bottom</td>
<td>palms together and push out in front</td>
</tr>
<tr>
<td>- when downward speed slows, turn palms out and</td>
<td>- roll until almost upside down</td>
<td>- lift legs upward, straight and together</td>
<td>of head)</td>
</tr>
<tr>
<td>sweep hands and arms up (under water)</td>
<td>- extend legs upward while pressing arms and hands</td>
<td></td>
<td>- flutter or breaststroke kick</td>
</tr>
<tr>
<td></td>
<td>forward with palms down</td>
<td></td>
<td>- lower or lift head to change body</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>angle</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sitting</th>
<th>Kneeling</th>
<th>Standing</th>
</tr>
</thead>
<tbody>
<tr>
<td>- sit on deck, heels in gutter</td>
<td>- kneel on one knee while gripping edge with toes of other foot</td>
<td>- toes on edge of pool</td>
</tr>
<tr>
<td>- arms extend down toward water</td>
<td>- foot of kneeling leg should be in position to help push from deck</td>
<td>- arms straight next to ears</td>
</tr>
<tr>
<td>- head lowered between arms</td>
<td>- extend arms over head</td>
<td>- chin to chest</td>
</tr>
<tr>
<td>- lift hips</td>
<td>- lower head between arms</td>
<td>- bring arms back and extend over head</td>
</tr>
<tr>
<td>- slight push with feet as student leans forward</td>
<td>- lift hips and lean forward</td>
<td>- aim for target that will give diver roughly a 45 degree entry</td>
</tr>
<tr>
<td>- aim for target that will give diver roughly a 45 degree entry</td>
<td>- slight push with feet</td>
<td>- drive forward, fingers touching first, toes last</td>
</tr>
<tr>
<td>- straighten body and extend legs upon contact with water</td>
<td>- aim for target that will give diver roughly a 45 degree entry</td>
<td>- angle hands toward surface to bring body up</td>
</tr>
<tr>
<td>- angle hands toward surface to bring body up</td>
<td>- straighten body and extend legs upon contact with water</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- angle hands toward surface to bring body up</td>
<td></td>
</tr>
</tbody>
</table>

**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