

# Pocono Mountain School District Aquatics Fitness and Sport I



## **Prerequisite:**

None

## **Description:**

This course provides students the opportunity to participate in aquatic based activities. Classes will consist of Water Polo, Snorkeling, Canoeing/Kayaking, Basketball, Pool Specific games, Deep water running (with float belts), Water dumbbell workouts and other pool related activities. The course is designed for everyone, not just advanced swimmers.

## **Objectives:**

- The students will identify and evaluate physical activities that promote lifelong activities.
- The students will apply strategies for enhancing group interaction in group activities.
- The students will increase gross locomotor movement through aquatic fitness concepts and games.
- The students will improve stroke development through practice strategies in an aquatic game play.
- The students will apply prep action follow through (catch, pull, and recovery) for various swimming skills and strokes including center of buoyance, principles of floatation, Archimedes principle and force/propulsion.
- The students will successfully participate in pre/post offensive/defensive strategy discussions and apply concepts of game play.

## **PA State Standards:**

**10.4.9 E** Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

- Personal Choice
- Developmental Differences
- Amount of Physical Activity
- Authentic Practice

**10.5.9 A** Describe and apply the components of skill-related fitness to movement performance.

- Agility
- Balance
- Coordination
- Power
- Reaction Time
- Speed

**10.5.9 C** Identify and apply practice strategies for skill improvement.

**10.4.12 F** Assess and use strategies for enhancing adult group interaction in physical activities

- Shared Responsibility
- Open Communication

**10.5.12 A** Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12 C** Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12E** Evaluate movement forms for appropriate application of scientific and biomechanical principals

- Efficiency of Movement
- Mechanical Advantage
- Kinetic Energy
- Potential Energy
- Inertia
- Safety

**Concepts Taught:**

Heart Rate Calculation  
Stroke Development  
Stroke Technique Development  
Control of Breathing

Heart Rate Monitor Implementation  
Aquatic Invasion Strategies  
Aquatic Workout Development  
Spatial and Body Awareness

**Sample Class Activities:**

Aquatic Invasion Games  
Aquatic Workouts  
Deep Water Running  
Heart Rate Monitor Activities  
Water Polo  
Canoeing/Kayaking  
Snorkeling  
Basketball

**Assessments:**

Psychomotor Assessments

Heart Rate Common Assessments

Stroke Development Common Assessment

Goal Achievement