

Pocono Mountain School District Aquatics Fitness and Sport II



Prerequisite:

Aquatics Fitness and Sport I

Description:

This course is designed for experienced swimmers. The focus will be on more advanced aquatic activities. Including: Deep water snorkeling, deep water aquatic games, aquatic group fitness classes and stroke refinement.

Objectives:

- The students will identify and evaluate physical activities that promote lifelong activities.
- The students will develop strategies for enhancing group interaction in group activities.
- The students will refine locomotor movement through aquatic fitness concepts and games.
- The students will refine strokes through practice strategies in an aquatic game play.
- The students enhance knowledge of aquatics based activities.
- The students will create aquatics games and workouts.

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 promotes 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:

Target Heart Rate Zone Utilization
Stroke Refinement
Stroke Technique Refinement
Team Building

Heart Rate Monitor Implementation
Aquatic Invasion Strategies
Aquatic Workout Creation

Sample Class Activities:

Aquatic Invasion Deep Water Games
Aquatic Workout Creation
Heart Rate Monitor Activities
Deep Water Snorkeling
Deep Water Basketball

Assessments:

Psychomotor Assessments
Game Creation Common Assessment
Aquatic Workout Common Assessment
Goal Achievement

