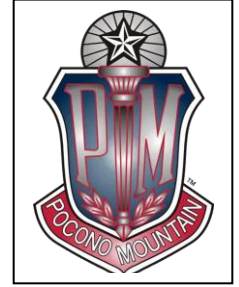


**Pocono Mountain School District
Learn to Swim Syllabus**



Prerequisite:

None

Description:

This course is designed for students who have minimal to no swimming experience and would like to learn to swim. The course will focus on the basic skills of floating, proper breathing methods, stroke mechanics and being comfortable in water. The aim of the course is that when complete all students will be able to safely and confidently swim in deep water. Strokes learned will vary per student's ability but may include: Front Crawl, Backstroke, Breast Stroke and Side Stroke.

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

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.

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

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

Concepts Taught:	
<ul style="list-style-type: none">• Heart Rate Calculation• Stroke Development• Stroke Technique Development• Control of Breathing	<ul style="list-style-type: none">• Heart Rate Monitor Implementation• Aquatic Invasion Strategies• Aquatic Workout Development• Spatial and Body Awareness

Sample Class Activities:
<ul style="list-style-type: none">• Concepts of Flotation• Streamline body positioning• Rotary Breathing activities• Pull basics• Kick basics• Stroke mechanics• Aquatic games