**East Physical Education**

UNIT:

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| **Stage 1 Desired Results** |
| ESTABLISHED GOALSStandard 1:Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.Standard 2:Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.Standard 3:Students will understand and be able to manage their personal and community resources. | ***Transfer*** |
|  *Students will be able to independently choose to engage in swimming in order to achieve and maintain a healthy lifestyle.* |
| ***Meaning*** |
| UNDERSTANDINGS *Students will understand that…* * Water/pool rules and guidelines are imperative to a safe environment.
* Fundamental swim skills are imperative to achieve a higher level of skill attainment.
* The Red Cross has created guidelines to aid in the skill development of swimmers.
 | ESSENTIAL QUESTIONS * What is the significance of creating a safe environment in and around water?
* How do you determine what American Red Cross swim level you’re at?
* How do you evaluate your swimming/potential to determine what ARC swim level you want to attain?
* What things are holding you back from reaching your swimming goals? What can you do to achieve success in swimming?
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| ***Acquisition*** |
| *Students will know…* * Pool rules/guidelines - Buddy Checks, whistle signals and deep end test requirements.
* Two or more of the ARC swimming skills in level #1-#4.
* Terms associated with swimming
 | *Students will be skilled at…* * ARC level #1: Independent water exit and entry, **Buoyancy** on front and back **with** or without support for at least 5 seconds, showing competency in at least 5 and proficiency in at least 3.
* ARC level #2: Jumping from the side, submerge entire head, unassisted floats, open eyes under water and get an object.
* ARC Level #3 Prone, supine, glide, flutter kick, rhythmic breathing, bobbing
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| **Stage 2 - Evidence** |
| **Evaluative Criteria** | **Assessment Evidence** |
| Participation/Sportsmanship | PERFORMANCE TASK(S): * American Red Cross Swim Skills checklist
* Daily Grade based on Department established Rubric.
* Daily Fitness component towards Fitnessgram improvement
* Improvement of Skill level through tasks, skills, teacher and student led games
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| Written Assignments | OTHER EVIDENCE:* Written assignment on skills, rules, and impact on overall wellness
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| **Stage 3 – Learning Plan** |
| *Summary of Key Learning Events and Instruction*

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| ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** |
| Intro to * *What do students know about Pool/Water safety and swimming*
* History of the sport of Swimming

Review etiquette and personal and social responsibilities. Water Safety – life saving techniquesAmerican Red Cross Swim skills teacher/student evaluationHealth/skill Related Fitness ComponentsDiscuss/handouts community resources for swimming, YMCA, rec centers, area colleges and high school open swim and area beaches. | Review* *Pool/Water safety rules and guidelines*
* Opportunities for swimming outside of school.
* American Red Cross Swim skills level 1
* Health related fitness components

Pool American Red Cross Level 1 and 2* Tasks/games
* Self-assessment – Group work by level

American Red Cross Level 3-4 to students that are ready.* Deep end test to students achieving high level of success
 | Review* *Pool/Water safety rules and guidelines*
* American Red Cross Swim skills level 1 and 2
* Health related fitness components

American Red Cross Level 3* Tasks/games
* Self-assessment
* Group work/Peer assistants

American Red Cross Level 4 to students that are ready.* Deep end test to students achieving high level of success
 | Review* *Pool/Water safety rules and guidelines*
* Opportunities for swimming outside of school.
* American Red Cross Swim skills level 1-4
* Health related fitness components

American Red Cross Level 1- 4* Tasks/games
* Self-assessment/group work

Culminating game combining all levels of skillReview -Opportunities for swimming outside of school |
| ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** |
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