**East Physical Education**

UNIT:

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| **Stage 1 Desired Results** | | |
| ESTABLISHED GOALS  Standard 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? |
| ***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 |
| **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 | |
| Written Assignments | OTHER EVIDENCE:   * Written assignment on skills, rules, and impact on overall wellness | |
| **Stage 3 – Learning Plan** | | |
| *Summary of Key Learning Events and Instruction*   |  |  |  |  | | --- | --- | --- | --- | | ***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 techniques  American Red Cross Swim skills teacher/student evaluation  Health/skill Related Fitness Components  Discuss/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 skill  Review -Opportunities for swimming outside of school | | ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** | |  |  |  |  | | | |