



UTICA COMMUNITY SCHOOLS

Course Title: Learn to Swim

This introductory swim class is for those students who require instruction in the basic strokes of swimming and aquatic skill necessary to participate in and around the water. The goal is to increase a student's ability to swim with confidence. Basic water safety and boating skills are introduced.

Course Content Expectations:

- M.1.AQ.2** Demonstrate all elements of mature form of safe water entry by jumping into deep water in dynamic settings.
- M.1AQ.3** Demonstrate all elements of mature form for the basic aquatic skills of front crawl and breaststroke in dynamic settings.
- M.1.AQ.4** Demonstrate mature form of the the basic aquatic skill of backstroke in dynamic settings.
- M.1.AQ.7** Demonstrate all elements of how to assist a distressed swimmer during simulated practice in dynamic settings.
- M.1.AQ.8** Demonstrate all elements of how to get help and how to assist a choking victim during simulated practice in dynamic settings.
- K.2.FB.1** Analyze/synthesize /evaluate internal (prior knowledge) and external feedback to improve performances in dynamic settings.
- K.2.AQ.3** Analyze/synthesize/evaluate knowledge of critical elements of selected elements of front crawl, backstroke, breaststroke, and treading in dynamic settings.
- K.2.AQ.2** Analyze/synthesize/evaluate knowledge of critical elements of safe water entry and exit in dynamic settings.
- K.2.AQ.4** Analyze/synthesize/evaluate knowledge of critical elements of assisting a distressed swimmer during simulated practice in dynamic settings.

- K.2.AQ.5** Analyze/synthesize/evaluate knowledge of critical elements of critical elements of assisting a choking victim during simulated practice in dynamic settings.
- K.2AQ.6** Analyze/synthesize/evaluate knowledge of critical elements of how to get help during simulated emergency practice in dynamic settings.
- K.2.PA.1** Analyze and assess individual physical activity goals formulated for a physical activity program that meets national guidelines.
- K.2.PS.1** Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.
- K.2PS.2** Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.
- K.2.RP1** Explain why choosing to participate in activities is personally challenging in dynamic settings.
- K.2.SB.1** Recognize physical activity as a positive opportunity for social interaction in dynamic settings.
- K.2.ID.2** Examine differences between idealized body images and elite performances portrayed by the media and personal characteristics and skills.
- K.2.ID.3** Explain why choosing to participate in activities allows for self-expression in dynamic settings.
- K.2.FE.1** Analyze indicators of enjoyment for the aesthetic and creative aspects of skilled performances in dynamic settings.
- A.3.PE.1** Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) while exploring aquatics in physical education.
- B.6.FB.1** Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.

- B.5.PS.1** Exhibit behaviors which exemplify each of the personal /social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.
- B.5.PS.2** Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition initiative, and leadership in dynamic settings.
- B.6.RP.1** Choose to participate in activities that are personally challenging in dynamic settings.
- B.6.SB.1** Use physical activity as a positive opportunity for social interaction In dynamic settings.
- B.6.ID.2** Accept differences between idealized body images and elite performances portrayed by the media and personal characteristics And skills.
- B.6.ID.3.** Choose to participate in activities that allow for self-expression in dynamic settings.
- B.6.FE.1** Exhibit indicators of enjoyment for the aesthetic and creative aspects of skilled performances in dynamic settings.