INTRODUCTION TO AQUATICS 2014-2015

**INSTRUCTOR:** Mr. Hammond

**OFFICE:** Mr. Hammond 309 Pool

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**COURSE DESCRIPTION:**

This course is designed for the novice to intermediate swimmer. It will teach students to understand the different aspects of the aquatic world, swimming, diving, games, and safety. It is designed to help the student develop their ability in the five rescue strokes, freestyle, backstroke, breaststroke, elementary backstroke, and sidestroke. The major emphasis will be on safety, hydrodynamics and fitness. Students will come to class prepared to swim and will be expected to swim every day.

**COURSE OBJECTIVES AND OUTCOMES:**

1. Assess the benefits of swimming and its effect on lifetime health

2. Demonstrate primary skills, stroke readiness and stroke development of basic water skills.

3. Participate and demonstrate skill competency in a variety of aquatic activities.

1. Students will be able to participate in a variety of lifelong physical activities.
2. Students will be able to assess, achieve and understand the responsibility to maintain physical fitness by: identifying and differentiating muscle groups in pursuit of maintaining and improving fitness.
3. Students will be able to demonstrate the social, cognitive and psycho-motor principles, implications and benefits from involvement in physical activities by applying and demonstrating safety techniques of aquatics to self and others.

**NO DRESS POLICY:** Students are required to be dressed out every day. If a student is not properly dressed in any manner, he or she will not be able to participate and will lose his/her points for that day.

**ATTENDANCE POLICY:** It is important for students to attend class every day. Physical Education is a **PARTICIPATION** based class. Make-ups are difficult and are done only at the discretion of the instructor. It is your responsibility to be in class on time and ready to participate. Three truancies and seven non-school related absences (excused or non-excused) would result in the student being placed in failing status. Students who are late to class/tardy will lose 5 points.

**REQUIRED ACTIVITIES:**

1. Introduction of strokes; front crawl, backstroke, breaststroke, sidestroke, and elementary backstroke.

2. Basic water safety and pool etiquette

3. Water sports and games including volleyball, polo, and basketball

4. Diving

5. Snorkeling

**Grading Criteria:**

All students can earn up to 5 points per day. If the student does not meet expectations in any of the following categories, 1 point is deducted for that category.

|  |  |  |
| --- | --- | --- |
|  | **Meets/Exceeds Expectations** | **Expectations Not Met** |
| **Attendance** | Present  **(1 Point)** | Absent  **(Student is entered as exempt for excused absences)** |
| **PE Ready**  (Prepared for class) | Dressed out  On time  Ready to stretch in assigned squads  **(1 Point)** | Not dressed out  Tardy  **(0 Points)** |
| **Warm-up/Cardio**  (Performing all warm-up, strength, and cardio activities, demonstrating skill knowledge) | Fully engaged  **(1 Points)** | Did not participate/  Partial Participation  **(0 Points)** |
| **Activity**  (Participating fully and appropriately, demonstrating skill knowledge) | Fully engaged  **(1 Point)** | Did not participation/  Partial Participation  **(0 Points)** |
| **MS Student Code of Conduct**  (Doing the right thing) | Follows the  Millard South code of conduct  **(1 Point)** | Does not follow the  Millard South code of conduct  **(0 Points)** |

**Grading Scale:**

Final grade will be based on percentage of total points earned throughout the semester.

100 – 93 = 1

92 – 85 = 2

84 – 77 = 3

76 – 69 = 4

68 – and below = 5