

Middletown Scope & Sequence

Subject Area: High School Physical Education

Standards

Key Ideas/ Major Understandings/Performance Indicators/Competencies

Course Description: This unit involves basic to advanced swimming instruction, safety procedures related to the swimming environment, and ability to recognize community resources.

I. Topic/Unit of Study: Swimming

High School Physical Education Standard 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea 1a: Perform basic motor and manipulative skills; attain competency in a variety of physical activities and proficiency in a few select, complex and sports activities

Performance Indicators:

1 A: Demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area

*Students will demonstrate ability to tread water for 30 seconds

*Students will demonstrate the ability to perform front crawl and backstroke

*Students will be able to demonstrate proper water safety conduct

2 A: Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities

*Students will demonstrate several techniques to keep the body afloat

*Students will demonstrate efficiency in the multiple strokes that are taught

*Students will demonstrate proper techniques in basic lifesaving tasks

3 A: Make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs

*Students are encouraged to use swimming as a form of fitness

*Students are encouraged to be aware of certain necessary lifesaving actions

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Key Idea 1b: Design personal fitness programs to improve cardiorespiratory endurance, flexibility muscular strength, endurance, and body composition

Performance Indicators:

1 B: Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities

*Students will demonstrate stroke efficiency and mastery of various kicks

2 B: Know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve their fitness

*Students must demonstrate proper techniques before engaging in deep water activities

*Students that do not show proficiency in certain strokes must refine these skills in shallow depths

3 B: Follow a program that relates to wellness, including weight control and stress management

*Students are shown activities that can be incorporated into a fitness program

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High School Physical Education Standard 2: A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and Healthy environment

Key Idea 2a: Demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication

Performance Indicators:

1 A: Know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents

*Students are taught the proper procedures in the event of an emergency
Students are made aware of appropriate procedures for use of a diving board
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2 A: Demonstrate responsible personal and social behavior while engaged in physical activities
*Students are made aware of potential injuries caused by inappropriate behaviors
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3 A: Accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health care costs are understood as benefits of physical activity
*Students are encouraged to accept swimming as an important lifetime activity
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Key Idea 2b: Be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants
Performance Indicators:
1 B: Create a positive climate for group activities by assuming a variety of roles
*The use of different equipment and techniques to create a positive experience for all swimming levels
*Student success is based on the effort applied to complete each task
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2 B: Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities
*Students are taught to recognize and react to potentially dangerous situations
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High School Physical Education Standard 3: Resource management

Understand

and be able to manage their personal and community resource.

Key Idea 3a: Be aware of and able to access opportunities available to them within their community to engage in physical activity

Performance Indicators:

1 A: Recognize their role as a concerned and discriminating consumers of physical activities programs and understand the importance of physical activity as a resource for everyone regardless of their age or ability

*Students are made aware of community programs that include basic and advanced swimming programs

*Students are made aware of lifeguard certification programs

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Key Idea 3b: Be informed consumers and be able to evaluate facilities and programs

Performance Indicators:

1 B: Recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community

*Students are taught that swimming can be a lifelong activity that can be involved with community members of all ages

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Key Idea 3c: Be aware of some career options in the field of physical fitness and sports

Performance Indicators:

1 C: Identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements, and job responsibilities of those careers

*Students are made aware of possible employment opportunities with lifeguard certification

