

Aquatics Pacing Guide

Quarter 1

Topic/Section to be Covered

(All topics in weeks 3-16 are all intertwined within this course)

Orientation	OBJECTIVE	Assessments
1st week Cognitive Approximately five – 55 minute periods of time to complete	Understand the history Basic Rules and history Rules and terminology Course Rules and Information Sheets Develop skills in <ul style="list-style-type: none"> • • treading, • changing positions, • elementary backstroke, • crawl stroke, diving, • underwater swimming. 	Pre-Test Skill evaluation
2nd Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Develop skills in <ul style="list-style-type: none"> • breath control, • rhythmic breathing, 	Teacher observation Student performance Performance checklist
3rd Week Perform Approximately five –55minute periods of time to complete	Develop skills in survival floating,	

<p>4st week</p> <p>Perform</p> <p>Approximately five – 55 minute periods of time to complete</p>	<p>Proper techniques</p> <ul style="list-style-type: none"> treading, <p>leg kicks, arm movement, head position</p>	<p>Teacher observation Rubric and Checklist</p>
<p>5thWeek</p> <p>Cognitive/Perform</p> <p>Approximately five –55 minute periods of time to complete Perform/Cognitive</p>	<p>Exhibit an improved skill level</p> <p>Changing positions,</p> <p>Participate in play and review, analyze skill of class</p>	<p>Goal Setting for skill performance improvement</p>
<p>6th Week</p> <p>Perform/Cognitive</p> <p>Approximately five –55minute periods of time to complete</p>	<p>Technique of swimming</p> <p>Elementary backstroke, Head position, back arch, leg kick, arm stroke</p>	<p>match scenario</p>
<p>7week</p> <p>Perform</p> <p>Approximately five – 55 minute periods of time to complete</p>	<p>Proper techniques</p> <p>Crawl stroke, diving, breathing techniques arm movement leg kicks</p>	<p>Pre-Test Personal Workout Sheet Teacher observation Rubric and Checklist</p>
<p>8thWeek</p> <p>Perform</p> <p>Approximately five –55 minute periods of time to complete Perform/Cognitive</p>	<p>Exhibit an increase skill level</p> <p>Underwater swimming. Breathing technique, arm strokes, leg kicks</p>	<p>Pre – Testing/Goal Setting for fitness improvement</p> <p>Personal Workout Sheet PFT Improvement Assessment</p>
<p>9th Week</p> <p>Cognitive /Affective</p> <p>Approximately five –55minute periods of time to complete</p>	<p>Diving</p> <p>Head position Arm position Leg and feet position Breathing Sitting, Stance</p>	<p>Pre-Test Personal Workout Sheet Teacher observation Rubric and Checklist</p>

Aquatics Pacing Guide

Quarter 2

Topic/Section to be Covered

(All topics in weeks 3-16 are all intertwined within this course)

Orientation	OBJECTIVE	Assessments
1st week Perform Approximately five – 55 minute periods of time to complete	<p>Understand Basic Rules and safety procedures</p> <p>Skills/Activities <i>Practice the following swimming skills:</i> Instruction, demonstration, and application of the following strokes:</p> <p>Instruction, demonstration, and application of the following aquatic skill:</p> <ul style="list-style-type: none"> • Treading Water • Diving • Front Crawl (freestyle) • Back Crawl (backstroke) • Breaststroke • Butterfly • Side Stroke • Elementary Backstroke • Diving (from the side of the pool and off the diving boards) • Freestyle • Backstroke 	Pre-Test Review Performance Check List Personal Workout Sheet Teacher observation Rubric and Checklist

2nd Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	<ul style="list-style-type: none"> Treading Water 	Pre – Testing/Goal Setting for fitness improvement Personal Workout Sheet Teacher observation Rubric and Checklist
3rd Week Perform Approximately five –55minute periods of time to complete	<ul style="list-style-type: none"> Front Crawl (freestyle) 	Fitness pretest Pacer Test
4st week Perform Approximately five – 55 minute periods of time to complete	Proper techniques Back Crawl (backstroke)	Teacher observation Rubric and Checklist Peer observation
5thWeek Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Exhibit an improved skill level Breaststroke Participate in play and review, analyze skill of class	Personal Workout Sheet Teacher observation Rubric and Checklist
6 th Week Perform/Cognitive Approximately five –55minute periods of time to complete	<ul style="list-style-type: none"> Butterfly 	Pre-Test Teacher observation Rubric and Checklist Peer observation
7week Perform Approximately five – 55 minute periods of time to complete	Proper techniques <ul style="list-style-type: none"> Side Stroke Practice and demonstrate and practice breathing, kicking and arm stroke techniques	Pre-Test Personal Workout Sheet Teacher observation Rubric and Checklist
8thWeek Perform	Exhibit an increase skill level, Demonstrate: <ul style="list-style-type: none"> Freestyle 	Personal Workout Sheet Personal Workout Sheet

<p>Approximately five –55 minute periods of time to complete Perform/Cognitive</p>	<ul style="list-style-type: none"> • Backstroke • Elementary Backstroke 	<p>Teacher observation Rubric and Checklist</p>
<p>9th Week Cognitive /Affective Approximately five –55minute periods of time to complete</p>	<p>Diving Peer to peer instruction Technique Proper stance, arm, feet and head movement Breathing technique</p>	<p>Pre-Test Personal Workout Sheet Teacher observation Rubric and Checklist</p>