



**RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview**



**Course Name Swim Select
Course # 0672**

General Information

Credits: 0.5

Weighted: N/A

Prerequisite: 9th & 10th Grade PE

Length: Full Year

Format: Meets on Cycle days

Grade: 11th & 12th

Course Description

Students will experience the water not only through conventional swimming techniques, but also through activities that will further measure their abilities to function adequately in the water. Various activities, including water polo, water games such as volleyball and basketball, synchronized swimming, intra-class swim meet and triathlon competition. Cardiovascular fitness will be promoted throughout the course with a variety of warm-up activities, games, and fitness testing.

Enduring Understandings and Essential Questions

Enduring Understandings

- Physical and cognitive skills are necessary to successfully participate in a variety of physical activities/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Positive decision making about fitness contributes to a healthy lifestyle.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Participation in physical activities/sports can provide an opportunity for developing an understanding and respect for differences among people.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Questions

- Why are skills and game knowledge important to participate in physical activities/sports?
- How do you move efficiently and safely within a physical setting? How does your movement affect performance?
- How do you measure one's physical fitness? How do maintain physical fitness? Why is physical fitness important?
- What are characteristics of good sportsmanship? What role does cooperation play in physical activities/sports?
- Why is respect for individual differences so important? How can individual differences enhance and contribute to group productivity?
- How can physical activity/sports provide a wide range of lifelong benefits? How does physical education enhance total well-being-social, mental, emotional and physical?
- What can I do to be physically active and why is it important?
- How can I move effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Common Assessments:**PEAKS****Physical Education Rubric**

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P	Preparation	Fully Dressed On Time (Gym uniform and sneakers)	Fully Dressed Late	Athletic Clothing On Time	Street Clothes and Sneakers	No Sneakers No Uniform
E	Effort	Exemplary Consistently challenges self in an appropriate and safe manner.	Strong Frequently seeks to challenge self in an appropriate and safe manner..	Inconsistent Sometimes seeks to challenge self in an appropriate and safe manner.	Weak Lacks Motivation Does little or nothing	Unacceptable Does not participate
A	Attitude	Always respectful of the rights, property, and opinions of others	Usually respectful of the rights, property, and opinions of others.	Sometimes respectful of the rights, property, and opinions of others.	Seldom respectful of the rights, property, and opinions of others.	Shows disrespect for the rights, property or opinion of others.
K	Knowledge	Always demonstrates appropriate application of skills	Consistently demonstrates appropriate application of skills	Sometimes demonstrates appropriate application of skills	Seldom demonstrates appropriate application of skills	Rarely demonstrate appropriate application of skills
S	Skills	Always demonstrates correct mechanics of skills	Consistently demonstrates correct mechanics of skills	Sometimes demonstrates correct mechanics of skills	Seldom demonstrates correct mechanics of skills	Does not demonstrate correct mechanics of skills

Major Units of Study:

- A.) Core games: Students will be introduced to the basic rules and strategies of water polo, water basketball, baseball and volleyball.
- B.) Synchronized Swimming: Students will explore many of the skills that go into a synchronized routine and ultimately present a choreographed routine to music.
- C.) Diving: Students will learn the fundamentals of good board work and how to successfully jump or dive.
- D.) Conditioning: Students will, throughout the year be exposed to conditioning exercises that will promote confidence in the water and cardiovascular fitness. Such activities are designed in preparing the students for the intra-class swim meet and team triathlon.

Materials & Texts

Equipment:

- Fins
- Water polo balls
- Water polo goals
- Assorted balls
- Pull buoys
- Noodles
- Water basketball goals
- Rings
- Kickboards
- Inner-tubes
- Sound system

Summer Assignment

N/A