

Swimming Unit Plan

I. Standards and Unit Objectives

A. Cognitive Standard

Standard 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

1. The student will be able to recognize the cues needed to perform the swimming skills on a written test with 85% accuracy.
2. The student will be able to recognize the safety rules of swimming on a written test with 90% accuracy.

B. Affective Standards

Standard 5 - Exhibits responsible personal and social behavior that respects self and other in physical activity settings.

Standard 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

1. The student will demonstrate respect for other students by encouraging his/her classmates at least three times during class.
2. The student will value swimming by explaining why he/she enjoys the physical activity, noting at least two different reasons.

C. Psychomotor Standards

Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 3 - Participates regularly in physical activity.

Standard 4 - Achieves and maintains a health-enhancing level of physical fitness.

1. The student will demonstrate supine floating by keeping face out of the water and keeping body afloat for 30 seconds.
2. The student will demonstrate the scissor kick by moving the legs and feet repetitively, 45 times.
3. The student will demonstrate the crawl stroke by alternating feet up and

down and having arms always opposite for 50-yards for a time under 45 seconds.

4. The student will demonstrate the backstroke by bringing fingers toward armpit the forward and upward and keeping back flat on the water for 25-yards for a time under 18 seconds.
5. The student will demonstrate the breaststroke by bringing heels toward butt then outwards and gliding for 3-6 seconds for 25-yards for a time under 17 seconds.
6. The student will demonstrate the kneeling dive by having arms over the ears, toes locked, thumbs being hooked, and lifting rear foot during dive, 4 out of 5 times.

II. Motor Skills

A. Supine Floating

Place back of head in water, push feet off floor to place body horizontal from floor, bring arms above head, bring feet towards surface (but not to the surface), limit movement

B. Scissor Kicking

Extend legs, point toes, bend knees slightly, bring heels to the surface, alternate feet up and down (12-15 inches), small slash

C. Crawl Stroke

Extend legs and point toes, alternate feet up and down, knees bent, extend one arm above head (fingers entering water first), arms always opposite, bring hand and forearm 8-12 inches below water, bend arm and bring toward hip, lift elbow out of water first, face in water looking ahead

D. Backstroke

Float on back, eyes looking at ceiling, ears underwater, arms at side, bend elbows, bend knees and draw legs downward, bring fingers to armpit, bring fingers forward and outward (bisecting area between neck and shoulder), extended arms diagonally, pull arms back to hip, kick at same time arms return to hips

E. Breaststroke

Extend legs and point toes backward, move knees sideward, heels toward butt, move heels outward (practically straightening legs), glide of 3-6 seconds, glide face down, arms extended (ears between arms), bend arms, press arms backward then downward, when elbows reach shoulder line

(move inward to front of chest and under chin), extend arms to gliding position (once under chin)

F. *Kneeling Dive*

Dominant foot leading, toes hooked on edge of pool, aim out and down, arms over ears, thumbs hooked together, lift rear foot when diving

III. Drills and Lead-Up Activities

A. Supine Floating

1. Beginning Back Float Drill

All the student will be in the pool. They will start by keeping their hands on the side of the pool and practice floating on their back. As they progress, they can move away from the wall. The students will float for 15 seconds, 30 seconds, all the way up to how long they can. Each time progressing further than the last.

2. Back Float from Standing Position

The students will be in pairs. While one student is floating, the other is at their partner's head supporting them. The students will remain in the shallow end of the pool, but not holding onto the wall. The students will hold the floating position for 2 minute periods (or longer), then they will switch.

B. Scissor Kicking

1. Scissor Kick Land Drill

The students will lay on their sides on the deck area of the pool. The teacher will use a command teaching style. The teacher will go through each skill and have the students perform them on the side of the pool so they get the correct form.

2. Scissor Kick with Kick Board

The students will each have a kick board. They will start on one side of the pool and use the scissor kick to kick to the other side of the pool. They will have the kick board in front of them the whole time. They will do this multiple times until the skill is correct. The students will go in two separate groups so it is not overcrowded.

C. Crawl Stroke

1. Crawl Stroke Kick Drill

The students will each have a kick board. They will swim the width of the pool using the proper kick for the crawl stroke. The teacher will be standing on the side of the pool, instructing, kick 1, kick 2, kick 3, and kick 4. So the students know when to kick. The students will go in two separate groups so it is not overcrowded.

2. Crawl Kick with Swim Fins, Kick Board, Breathing Side Pull

Each student will have a kick board and a pair of fins. The students will hold the kick board in the non-breathing side hand. The breathing side hand should have the thumb resting on the kick board. The students will then pull with the breathing side arm and glide. They will do the one arm swim the width of the pool.

3. Hesitation Crawl Stroke

The students will swim a slow crawl stroke across the pool. When they glide, they will pause for 2 seconds before continuing the stroke. This emphasizes the importance of being able to float.

D. Backstroke

1. Kick Land Drill

The students will sit on the edge of the pool with their feet in the water. The students will lean back on their forearms. They will kick in the water using the correct form needed for backstroke.

2. Backstroke Kick Drill, Kick Board on Chest

Each student will need a kick board. The students will hug the kick board and lay on their backs. They will swim the width of the pool. This activity concentrates on the kicking for the backstroke.

3. Shallow Water Drill

The students will go in waves of three, swimming the width of the pool using the backstroke. The activity will be performed in the shallow end of the pool. There should be at least 20 feet in between each wave of students.

E. Breaststroke

1. Breaststroke Kick Bracket Drill

The students will find a spot on the edge of the pool where they can hold on. The students will hold on with one hand and place the palm of the other on the wall beneath them. The students will practice their kicks for the breaststroke.

2. Breaststroke Kick with Kick Board

Each student will have his/her own kick board. They will swim the width of the pool using the proper kicking technique with the kick board at arms length in front of them. They will repeat this action.

3. Breaststroke Coordinated with Mask, Snorkel

Each student will have a mask and snorkel. They will swim the width of the pool, keeping their faces in the water at all times, using the snorkel to breathe. This helps the students focus on the technique, rather than breathing.

4. Breaststroke for Distance

The students are swimming the length of the pool using the breaststroke. They will go in single file so they do not run into

each other. One lane will be designated for swimming down, and one lane for swimming back.

F. Kneeling Dive

1. Underwater Glide

The students will start in the water with their backs against the wall. When instructed the first student will push off the wall and glide as far as they can. Then the next student will go, and so on. After they have glided as far as they can go, they will swim to the other side of the pool and repeat from that side when instructed.

2. Glide Through the Hoop

The students will start in the water with their backs against the wall. They will push on the wall, when instructed. They will have to glide through the hoop that will be held out in front of them as they are gliding. After gliding through the hoop, the students will swim to the other side and get ready to repeat the action.

3. Kneeling Dive

This activity must be done in water that is deeper than 5 feet. The students will bend on one knee and use the proper technique for their arms. They will all line up and dive in one after another.

G. Warm-Up

The students will do the following with their partner:

Walk laps around the pool for 3 minutes

Stretch (Arms, Legs, Torso, and Back)

Sit ups for one minute

Push ups for one minute

IV. Skills Test

A. Hewitt Achievement Scales for High School Swimming

The Hewitt Achievement Scales for High School Swimming is a test that administers and measures performance and improvement of the students swimming skills. The test will include the six skills taught in class: supine floating, scissor kicking, crawl stroke, backstroke, breaststroke, and kneeling dive. The back and breast strokes are a timed 25-yard swim. The crawl stroke is a timed 50-yard swim. For the supine floating, the student will have to stay afloat for at least 30 seconds. For the scissor kicking, the students will have to stay above water and kick their legs back and forth 45 times. For the kneeling dive the students will use the correct form for at least 4 out of the 5 dives. There are charts for each stroke to show if the students performance was superior, good, average, poor, or inferior. The objectives for the students to meet are the qualifications of an average swimmer.

Swimming Handout

Skills

Supine Floating

- ~ Place back of head in water
- ~ Place body horizontal from floor
- ~ Eyes looking at ceiling
- ~ Limit movement

Scissor Kicking

- ~ Legs extended behind body
- ~ Bring heels to surface of water
- ~ Alternate feet up and down
- ~ Small splash

Crawl Stroke

- ~ One arm extended above head
- ~ Arms always opposite of each other
- ~ Face in water (breathing side to side)
- ~ Alternate feet up and down

Backstroke

- ~ Float on back
- ~ Move knees sideways and bring heels toward buttocks
- ~ Bring fingertips to armpit
- ~ Extend arms out of water and above head
- ~ Bring arms back towards hips

Breaststroke

- ~ Abdomen facing bottom of pool
- ~ Bring heels toward buttocks, then outward
- ~ Glide for 3-6 seconds
- ~ Arms extended in front of head
- ~ Then bring arms downward until elbows reach shoulder line
- ~ Extended arms again and glide

Kneeling Dive

- ~ Toes hooked on edge of pool
- ~ Arms over ears
- ~ Thumbs hooked together
- ~ Lift rear foot when diving

Safety Rules

- ~ ALWAYS follow the rules and teachers instruction
- ~ Swim with a buddy
- ~ NEVER swim alone
- ~ Enter the pool feet first, unless instructed to do otherwise
- ~ NEVER dive into an unknown or unmarked area
- ~ Swim in areas supervised by a lifeguard
- ~ Always walk around the pool area
- ~ NEVER use the pool as a restroom
- ~ Do not drink or eat while swimming because you could choke or contaminate the water
- ~ Do not swim when there is bad weather
- ~ Do not push or shove each other
- ~ ABSOLUTELY NO HORSEPLAY

“The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.”

- Aleksandr Popov

V. Written Test

Swimming Test

Name _____

Matching: Write the correct letter on the line provided (2 points each)

- | | |
|--------------------------|--|
| _____ 1. Scissor Kicking | a. toes hooked on edge of pool, arms over ears, thumbs hooked together, lift rear foot when diving |
| _____ 2. Breaststroke | b. body is horizontal from floor of pool, eyes looking at ceiling, limit movement |
| _____ 3. Kneeling Dive | c. legs extended behind body, bringing heels to the surface, alternate feet up and down, small splash |
| _____ 4. Backstroke | d. bring heels toward butt then outward, glide for 3-6 seconds, arms extended and brought downward till elbows reach shoulder line, extend arms to glide |
| _____ 5. Supine Floating | e. extend one arm above the head, arms always in opposite motion, face in water, alternate feet up and down |
| _____ 6. Crawl Stroke | f. move knees sideways and bring heels toward butt, float on back, bring fingertips to armpit, extend arms out of water, then bring them back towards hips |

True/False: Write a capital T for true or F for false on the line provided (2 points each)

- _____ 7. Accidents can happen at anytime and any place in the pool even when you are being careful.
- _____ 8. It is okay to swim alone, as long as the lights are on and the doors are open.
- _____ 9. If the depth of the pool is not known or is not clearly printed on the side of the pool, do NOT dive into the area.
- _____ 10. Entering the pool without teachers permission is okay.
- _____ 11. Running around the pool area is prohibited at all times because the ground is slick from the pool water.
- _____ 12. You should always enter the pool feet first.
- _____ 13. Swimming in a pool where a lifeguard is present is a good idea, but is NOT a must.
- _____ 14. Chewing gum while swimming will NOT affect your swimming skills or cause serious problems.
- _____ 15. It is a good idea to eat a full course meal before you go swimming.

Essay: Use complete sentences with correct punctuation. Complete the essay on a blank sheet of paper (10 points)

16. Why is it important to follow safety rules and listen to the teachers instruction during this swimming unit? Give an example of someone not following a safety rule and the consequences of their actions.

Swimming Test Answer Key

Matching:

1. C
2. D
3. A
4. F
5. B
6. E

True/False:

7. T
8. F
9. T
10. F
11. T
12. T
13. F
14. F
15. F

Essay:

16. It is so important to follow the safety rules and instructions of the teacher because injury or potentially death could occur. Drowning is the second most common death for children under the ages of 14. So if the safety rules are not followed someone could get hurt. An example of someone breaking the rules would be: A child running around the pool area and slipping and hitting their head. Because of the fall, the student is knocked unconscious and falls into the pool. If that were the only rule broken, the student could be saved. But if the student also broke the rule to never swim alone, the student is at risk of death. It is very important to do as told because it could lead to a life threatening situation if not.

Block Plan
 Department of Exercise and Sport Sciences
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FIT: Fitness Activity
SKL: Introduction/Review Skill
ACT: Drill, Lead-up, Test, Tourn

Steps	Monday	Tuesday	Wednesday	Thursday	Friday
FIT	Warm-Up	Warm-Up	Back Float From Standing Position	Scissor Kick with Kick Board	Crawl Kick with Swim Fins, Kick Board, Breathing Side Pull
SKL	Introduce Swimming	Intro to Floating	Review Floating & Intro to Scissor Kick	Review Scissor Kick & Intro to Crawl Stroke	Review Crawl Stroke
ACT	Handouts & Rules	Beginning Back Float Drill	Scissor Kick Land Drill	Crawl Stroke Kick Drill	Hesitation Crawl Stroke
FIT	Kick Land Drill	Shallow Water Drill	Breaststroke Kick with Kick Board	Breaststroke for Distance	Glide Through the Hoop
SKL	Intro to Backstroke	Review Backstroke & Intro to Breaststroke	Review Breaststroke	Review Breaststroke & Intro to Kneeling Dive	Review Kneeling Dive
ACT	Backstroke Kick Drill, Kick Board on Chest	Breaststroke Kick, Bracket Drill	Breaststroke Coordinated with Mask, Snorkel	Underwater Glide	Kneeling Dive
FIT	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
SKL	Review all Skills	Review all Skills	Review all Skills	Review all Skills	Review all Skills
ACT	Skills Test	Skills Test	Written Test	Water Aerobics	Free Day

VII. References

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- Thomas, D. G. (1989). Teaching swimming. Champaign, IL: Leisure Press.
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