

COLONIAL INTERMEDIATE UINT 20
6 Danforth Drive
Easton, Pennsylvania 18045-7899

LESSON PLAN
Aquatics Olympics

TEACHER: Amanda Sechrist

STATE STANDARDS:

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Identify and engage in physical activities that promote physical fitness and health.

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

A. Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

GOAL:

The students will increase their flexibility.
The students will increase their gross motor movements.
The students will increase their swimming skills.
The students will increase their water safety awareness.

ACTIVITY:

The students will enter the pool and prepare to enter the water. The students will participate in a group stretching activity. The students will perform arm circles, toe touches, the sit and reach, leg lifts, balance activities, and the twist. The students will practice enter the pool safely. The teacher should review the rules of the pool area and in the pool. The teacher should make sure the students that need safety flotation devices are secure. The teacher should have adequate help in the pool. The teacher should work to get the students to compete in the follow events for the meet: Aquatics and 15 meter walk and 15 and 25 meter P.F.D (personal floatation device) races. The 15 meter walk is for those who are unable to pull up their feet from the bottom of the pool. The 15 meter P.F.D race is for those who are unable to swim in deep water or do not have the endurance to complete 25 meters. The 25 meter P.F.D. race is for those who are able to swim independently and are comfortable in deep water while wearing a flotation. The teacher should determine each individuals swimming race.

FUNCTIONAL DOMAIN:

- Entering the pool
- Swimming a 25 meter PFD
- Swimming a 15 meter PFD
- Walking in the pool 15 meters
- Walking in the pool 25 meters

OBJECTIVE(S): STUDENT WILL DEMONSTRATE (Should be individualized for each student at the pool)

Given a verbal request, the students will perform a stretching routine including arm circles, toe touches, the sit and reach, the twist, leg lifts and the butterfly stretch with verbal and visual prompts four out of five attempts.

Given rules in the pool area, the students will be able follow the rule 90% of the time with verbal and visual prompts while in the pool area and in the pool.

Given water safety instructions, the students should be able to identify safe pool procedures 90% of the class with verbal and visual reminders while in the pool and the pool area.

The students will be able to walk in the shallow end of the pool 15 meters with verbal, visual or physical prompting 80% of the class.

The students will be able to walk in the shallow end of the pool 25 meters with verbal, visual or physical prompting 80% of the class.

The students will be able to swim 15 meters with a PFD and verbal and physical prompting 50% of the 45 minutes class period.

The students will be able to swim 25 meters with a PFD and verbal and physical prompting 50% of the 45 minutes class period

Adaptations:

Flotation devices

Hand over hand assistance getting into the pool

Hand over hand assistance while in the pool

Wheelchair or lift for the pool