Group Swim Lessons Syllabus

Academic Year 2017-18

Instructor Information

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| --- | --- | --- |
| *Instructor* |  | *Class Location & Hours* |
| ***See location information*** |  | *Varies according to student’s choice* |

# General Information

## Description

Swim instruction is offered at all levels for students in grades 1-12 once or twice/week.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

## Pass/Fail

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Students will provide swim attire as appropriate for boys and girls.

## Optional Materials (provided by student/family)

## None

**Course Outline and Objectives:**

Weekly instruction is differentiated and progresses weekly according to the unique abilities of the students at each level. Students are evaluated before lessons begin for skill in swimming and then lessons are scheduled according to skill level.

**Skill Development**

Students will learn or improve front crawl (freestyle), back crawl and breast stroke. Students will practice safety and endurance skills such as treading water and floating positions. In addition, students may learn one other strokes such as - sidestroke, elementary backstroke or butterfly. Other skills taught in higher level classes are dives and turns.

**Stroke Improvement**

Drills and practice will be used to improve stroke technique.

**Endurance & Fitness**

Students are expected to be physically active throughout this unit. Students’ distance and/or time spent swimming will be part of their swimming evaluation. Students are encouraged to get in the pool promptly for each lesson and swim outside of class time to increase their endurance and personal fitness.

End of Semester: Finished Work

* Evidence of Learning (circle one): post-test swim evaluation to determine if student has achieved the skills to level up according to standard rubric.