**Semester(s) offered:   Fall 2018     Spring 2019**

**Berrien Springs Parent Partnership**

**Independent Study/Project Based Learning Course Description and Syllabus**

**Course Title: Swim n Gym**

**Ages/Grade Levels: Age 5 - 17**

**Class size: Min: 3 Max: 30**

**Location Name: Andrews University Beaty Pool/Gym**

**Location Address: 8522 East Campus Circle Dr. Berrien Springs MI 49104**

**Provide directions to location if necessary: Main Entry doors are in the back left corner of the parking lot.**

**Start Date: Jan 16
End Date: Mar 6**

**Day of the Week: Circle: Wednesday 1:30-3:30**

**Begin and end time of class: Swim 1:30-2:20pm, Gym 2:30-3:30pm**

**Contact/Instructors: Jessica Larson Aquatics Director**

**Email:** **wilsonj@andrews.edu**

**Best phone #:269.471.3257 Publish # on website? Yes**

**Does the student also need to register with you or at your location? Yes,** [**www.andrews.edu/pool**](http://www.andrews.edu/pool)

**Classes will be Pass/Fail Students May take multiple attempts at each level to master all criteria.**

**Students are placed into groups and work towards specific exit assessment goals. Students must complete each Exit Skill Assessment to pass successfully.**

**Exit Assessments:**

**Group A (Level 1 Learn to Swim)**

1. **Enter independently, using either the steps or side, travel at least 5 yards, bob 5 x, then safely exit the water.**
2. **Glide on front at least 2 body lengths, roll to a back float for 5 sec. and recover to a vertical position. (This part of the assessment can be performed with assistance)**

**Group B (Level 2 Learn to Swim)**

1. **Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 sec., swim on front and/or back for 5 body lengths, then exit the water**
2. **Move into a back float for 15 sec., roll to front, then recover to a vertical position.**
3. **Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 sec. , roll to the front, then continue swimming for 5 body lengths.**

**Group C (Level 3 Learn to Swim)**

1. **Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 min, rotate one full turn then turn as necessary to orient to the exit point. Level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.**
2. **Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.**

**Group D (Level 4 Learn to Swim)**

1. **Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards**
2. **Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.**
3. **Submerge and swim a distance of 3to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.**

**Briefly describe the course, including topics to be covered and subject areas that the course will cover –this is what will be posted on our website:**

**Each student will receive a Level assessment booklet at the end of each session that indicates skills passed or what still needs improvement before passing is possible. Teachers use the following Grading:**

**“ - “ sign indicates a lot of work is needed**

**“ + “ sign indicates only a little work is needed**

**A checkmark indicates the skill was completed successfully**

**Weekly breakdown of instruction:**

**Each Instructor creates their own block plan & lesson plan per each level and time.**

**All classes must have a min. of 4 Course Objective Checkpoints unique to your class.** You will note on the attendance sheet when students have met these objectives. Write in #’s 2 and 3 here and on the attendance sheet:
 **1st: pre-test Exit Assessment Day 1**

 **2nd: All Safety Topics Per Level Completed**

**3rd: Must perform Hands-Only CPR on a manikin**

**4th: post-test Exit Assessment Day 8**

**Final project/performance:** The student is to select, as appropriate a final project that will demonstrate what they have learned over the course of the semester and aligns with their learning goal. The student should have input into what they present as their final project. This can be in the form of a presentation, art fair, performance, recital, art gallery, written report, final exam, musical composition, product such as woodworking, jewelry, food harvest or presentation, video, graphic or other visual artwork. Completion of the final project should figure in as part of the pass or fail grade that you determine based on your rubric.

**Write in the name of the project and completion date on the attendance sheet.**

**List any materials that students are required to bring to class:**

**Students must bring a swimsuit: Females should wear a modest one-piece swimsuit, Males should wear trunks or knee length Jammers**

**List any required or optional online resources you will use in class or students can use to supplement:**

**No additional resources we plan to use.**

**How we plan to Assess:** How we plan to assess the student’s knowledge of the topic in a subjective manner is each student will perform the exit skills assessment for their level on the first day and last day of class. Scores as a pass/fail will be recorded on the attendance form provided.

**Cost per student for entire semester, including materials and supplies: Levels= $120**

**Invoices are due 10/31 for Fall and 2/28 for Spring.**

Thank you for providing your expertise to the students in our community!