Water Runners Syllabus

Fall Sessions 1 & 2, 2018

# Instructor Information

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| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
| **Gym Instructor: Miriam Clark****Swim Instructor: YMCA Aquatic Staff** |  | BHSJ Hanson Gym/Pool, Tuesdays, 1:00pm-2:30pm |

# General Information

## Description

Youth will build gross motor skills and learn confidence in the water. Time for youth will be split between the pool and the gymnasium. In the pool, youth will focus on the development of swimming skills including proper breathing and stroke technique. In the gymnasium, using the avenue of sport, students will develop and improve skills such as agility, balance, coordination and reaction time.

Meant for young students; ages 3-6 years.

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

Students will be able to demonstrate the improvement of their motor skills and ability to complete different sport-related functions.

Students will be assessed on their water skills and whether or not they have shown improvement over the course of the class semester.

# Course Materials

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

* Swimsuit
* Athletic wear (i.e. t-shirt, shorts, rubber-soled shoes)
* Towel
* Goggles (if preferred)

# Course Schedule

Weekly Overview: 1:00 – Arrival

 1:05 – Locker Room

 1:15 – Swim Time

 1:45 – Locker Room

 2:00 – Gym (Warm-up, Large Motor Games)

 2:30 - Dismissal

| Week | Topic |  |  |
| --- | --- | --- | --- |
| 9/12 | Introduction: Pool Rules & Gym Rules, Proper warm-up and stretching |  |  |
| 9/19 | Large Motor Game: Freeze Tag |  |  |
| 9/26 | Large Motor Game: Musical Chairs |  |  |
| 10/3 | Large Motor Game: Relay Races |  |  |
| 10/10 | Large Motor Game: Obstacle Course |
| 10/17 | Large Motor Game: Floor Hockey |
| 10/24 | Large Motor Game: Fitness Stations |
| 10/31 | Large Motor Game: Kickball |
| 11/7 | Large Motor Game: Basketball |
| 11/14 | Large Motor Game: Scooter Races |
| 11/28 | Large Motor Game: Soccer |
| 12/5 | Large Motor Game: Wiffleball |
| 12/12 | Large Motor Game: Relay Races |

# End of Semester: Finished Work

* Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.
	+ Through their performance in class for different tasks, students will demonstrate and perform their mastery of the skills learned in class.