Junior High Swim Unit Plan

7/8 Physical Education

Unit: Junior High Swim Unit   **Time Frame: number of days 10**

Common Core State Standards (shifts addressed)	Content Concepts, Processes, Vocabulary	Lessons Unit Objectives	Instructional Strategies Materials and Resources
St1 – Personal health and Fitness **St2- Safe and Healthy Environment** **St3 – Resource Management** **Shift 4 – Text based answers** **Shift 5 – Writing from sources** **Shift 6 – Academic Vocabulary**	**Front Float** **Back Float** **Flutter kick** **Kick board** **Pull buoy** **Submerge** **Glide** **Bob** **Rhythmic Breath** **Rotary Breath** **Horizontal** **Vertical** **Tread** **Front Crawl** **Back Crawl** **Butterfly Kick** **Whip Kick** **Elementary Back Stroke** **Breast Stroke** **Flip turn** **Safety Rules** **Diving** **Dolphin Kick**	Students will demonstrate competency in many swim strokes and proficiency in a few swim strokes upon completion of the junior high swim unit. Students will peer evaluate each other to exhibit proper swim skills during our swim meet. Students will collaborate with each other to provide the best opportunity for all involved to produce a successful swim meet. Students will apply the swim concepts and principles to the culmination of a well-organized swim meet.	**Shift 4,6** Students will peer evaluate each stroke with a partner or group using a skills list and rubric. After completion of peer evaluation students will use the feedback to improve on their swim strokes. The culminating activity will include a swim meet of two teams competing for time in various swimming events and getting points for the fastest swimmers. The roles that have to be taken are coach, assistant coach swimmers, timers, score keepers, newspaper journalists.

Standards Based Assessment Formative and/or Summative	**Skills peer assessment**
Scoring Tools Rubrics, Checklists…	**Scoring Rubric**

Junior High Swim Team Scoring Rubric

Name_____

Score Self

Performance_____

Team work _____

Cognitive_____

 Average 3 scores _____

Teacher Score_

Performance _____

Team Work _____

Cognitive_____

 Average 3 scores_____

	4	3	2	1
Performance	Practiced and competed to best of ability	Tried hard but could have done a bit better	Worked some of the time	Did not compete but watched
Team work	Role in team was fulfilled completely	Worked with the team most of the time	Worked with the team some of the time	Watched team work
Cognitive	Complete understanding of how a swim meets works	I think I understand and have a pretty good idea about how a swim meet is run	I know what the concept is but don't know how everything goes	I don't know how a swim meets is run.

Peer evaluation

Circle score for each part of the stroke

Name (Swimmer) _____

Name (peer evaluator)_____

Scoring-

Can't do it at all – 0   Attempts skill- 1

Half way there – 2   Got it - 3

Front Crawl

Flutter Kick –

3 - ankles remain loose, feet always have pressure against the water, heels just break the surface or the water

2- stiff ankles, a lot of knee bend which takes pressure against the water away

1- Trying the flutter motion but going no where

0- Can't do it at all

Arm and body action-

3- Body rotates as if on a line, elbow bent and high after finishing push toward feet

2- Arm action looks good but no body roll or vice versa

1- No rolling and no power from arm action

0 – Can't do it at all

Breathing

3- Face is in water, eye looking down, not in front, Water hits forehead, one ear still in the water as turn head for breath. Inhaling through mouth, exhaling when face is in the water. As arm comes by face head turn back in water to face down while water hits forehead.

2- Inhale and exhale while face is turned to side, looking forward instead of down. Head might be too deep

1- Head comes straight up for breath or head is too deep for stroke to be accurate

0 – Can't do it at all

Peer evaluation

Circle score for each part of the stroke

Name (Swimmer) _____

Name (peer evaluator)_____

Scoring-

Can't do it at all – 0   Attempts skill- 1

Half way there – 2   Got it – 3

Back Crawl

Flutter Kick –

3 - ankles remain loose, feet always have pressure against the water, toes have pressure until it breaks surface of the water

2- stiff ankles, a lot of knee bend which takes pressure against the water away

1- Trying the flutter motion but going no where, looks like they are riding a bike

0- Can't do it at all

Arm and body action-

3- Arms are always opposite each other, pinky side enters water just outside shoulder, bend elbow to push water toward hips. The body rolls as if on line with the power of the push.

2- Arms are opposite each other but no power from the push toward feet. Little or no body roll

1- Body does not roll which means there is not power by pushing water toward feet. Arms might not be in opposition.

0- Can't do it at all

Head

3- Back of head is in water, face is out and looking up toward ceiling

2- Lifting head out of water looking toward feet

1- Head going too deep in water or whole head up and out of water

0- Can't do it at all

Peer evaluation

Circle score for each part of the stroke

Name (Swimmer) _____

Name (peer evaluator)_____

Scoring-

Can't do it at all – 0   Attempts skill- 1

Half way there – 2   Got it – 3

Breaststroke

Whip Kick

3- from a glide heel go toward butt, knees bend and point to bottom of pool, turn toes of flexed feet out, heel just under surface of the water, a forceful push will straighten legs and point toes. (bend, out and around). Swimmer should be able to count to 2 seconds of gliding before slowing down and having to kick again

2- The bend out and around part happens but the feet come above water or ankles do not flex which takes power away

1- Knees turn out instead of down, no flex in ankles which means no power to move anywhere. Tries to flutter kick instead to keep moving

0- Can't do it at all

Arm stroke and breathing

3- From a glide (arms out), face in in water. Hands start to turn out to catch water until hands are past shoulders, hand will pull toward chest (no farther that the chest)as the head comes out of water, hand reach back out for the glide again while face goes back into the water. Hands make the shape of an upside down heart

2- Hands reach out too wide past shoulders; Arms do extend to a superman position on the glide. Head might stay up the whole time.

1- Hands pull past the chest and down toward the hips. Head might stay under water the whole time as it swimming underwater instead of breast stroke.

0- Can't do it at all

Can they get the order of **Pull** water to chest, **Kick** (the push from flexed feet), 2 second **Glide** (superman glide)   3   2   1   0

Swim meet Order of events

3 people from each team must enter an event. The whole team must enter at least 3 events

Wading Forward

Wading backward

Underwater swim (width)

25 yard Front crawl

25 yard Backcrawl

25 Breast stroke

50 yard Front crawl

50 yard Back crawl

50 yard Breast stroke

100 yard freestyle relay

Diving

Score sheet for swim meet

1st place = 6 points

2nd place = 4 points

3rd place = 3 points

4th place = 2 points

5th place = 1 point