

# Curriculum Template

<b>Unit : Backstroke and Breaststroke (2<sup>nd</sup> quarter)</b>	<b>Class: All -Aquatics</b>
<b>Fitness Extensions: Neurological, muscular, Cardio vascular development.</b>	
<b>STAGE 1 – DESIRED RESULTS</b>	
<b>GOAL: Students will be able to perform the Backstroke and breaststroke in a Progression drill format at all levels</b>	
<p><b>Enduring Understandings</b></p> <p>Student will learn proper breathing and stroke technique to swim efficiently and safely in any body of water.</p> <p>Student will be able to perform and explain the importance of each component (kick, pull right arm, pull left arm, swim using bilateral breathing) of the backstroke and breaststroke for an efficient swim stroke.</p> <p><b>Students will have a variety of swim strokes to use in a survival situation</b></p> <p><b>Learning many swimming strokes enable for students to enjoy aquatic activities in various situations.</b></p> <p><b>Example: training, leisure swimming, competition.</b></p>	<p><b>SKILLS</b></p> <p><b>Flutter kick on back</b></p> <p><b>Pull on back with right arm</b></p> <p><b>Pull on back with left arm</b></p> <p><b>Swim Backstroke</b></p> <p><b>Frog kick/whip kick breaststroke kick</b></p> <p><b>Pull right arm while holding left arm out in front straight breaststroke while kicking breaststroke kick</b></p> <p><b>Pull left arm while holding right arm out in front straight breaststroke while kicking breaststroke.</b></p> <p><b>Swim breaststroke</b></p>
<p>Group 1 does same as above however, students perform skill on the wall.</p> <p>Once skill has developed they progress to a kick board and performing the progression drill across the width of the pool with kickboard in hands.</p> <p>Learning new ways to swim across a body of water is relaxing and fun.</p>	<p><b>Skills</b></p> <p><b>Kick and Rhythmic breathe while holding a kickboard on back</b></p> <p><b>Kick and rhythmic breathe and pull right arm while holding kickboard on back</b></p> <p><b>Kick and rhythmic breathe and pull left arm while holding kickboard on back</b></p> <p><b>Kick and breathe both arms while holding a kickboard on back</b></p>

**CONTENT / STANDARDS (NYS/CCLS**

**Students in all three swim groups will be able to develop and perform the Backstroke progression drill in a practice or test situation, within rubric set standards.**

**Students in all three swim groups will be able to use and develop skills thru the use of video and article resources provided by instructor on class webpage.**

**All students will work with peers to help develop swim technique while testing is in progress.**

**New York State Education Department established standards in each subject area 1,2, and 3**

1-Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

A Safe and Healthy Environment

2-Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Resource Management

3-Students will understand and be able to manage their personal and community resources.

**ESSENTIAL QUESTIONS**

**KEY TERMS/VOCABULARY**

**How will learning proper breathing coordination with arms help back stroke development?**

**Alternate/Bilateral breathing**

**How will learning proper breathing technique help a swimmer develop a strong backstroke and breaststroke in a survival situation while in deep water?**

**Exhale/inhale Coordination**

**How will learning a strong back flutter kick and breaststroke kick help the back stroke and breaststroke develop?**

**Back Flutter kick**

**Bent elbows under water**

**How will learning a strong Arm pull help a swimmer develop the back and breast stroke?**

**Arm pull**

**Whip kick**

**Frog kick**

**STAGE 2 - ASSESSMENTS**

**PERFORMANCE TASK**

**OTHER EVIDENCE**

**Rubric for progression drill:**

**4= Mastery of skills points earned 20**

**3=Satisfactory skill development points earned 15**

**2= Fair skill development points earned 10**

**1= Still developing skills points earned 5**

**Rubric description :**

**4=Skill has become automatic, good body position and movement and rhythmic breathing is effortless: modifies performance to meet the demands of each component of the stroke drill. Able to self-correct.**

**3= Skill can be performed with concentration, performance is consistent with some extraneous movements of body and /or**

**awkward rhythmic breathing while doing drill**

**2=Skill performance is becoming consistent, movement beginning to conform to intent: loss of balance/technique is evident, body position and rhythmic breathing is awkward.**

**1=Skill performance is haphazard, breathing technique is awkward, arms stroke attempt does not resemble another, effort is awkward, and performance characterized by surprise rather than expectancy.**