Grade Level: High School

Unit: Cardiorespiratory Moderate and Vigorous Physical Activity

Lesson 4: Water Opportunity/Other Opportunity
***Only if access to pool***

Objective
● Students will be able to use correct form in swimming freestyle stroke.
● Students will be able to use correct form in a variety of water aerobic activities.
● Students will be able to use correct form in water polo.

Standards
● Preferably taught at elementary or secondary levels. However, the availability of facilities might dictate when swimming and water safety are offered in the curriculum. (S2.M23)
● Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)

Key Vocabulary
● Aquatics
● Floatation
● Water Safety

Equipment Needs
● Swimming Pool
● Swimsuits
● Googles
● Kick Boards
● Lifeguards
● Life Saving equipment
● Sound system
● Radio or CD player
● Water Polo Ball
● Water Polo Nets

Set-up
● Swim - Have a lifeguard on duty or follow school rules as it pertains to District policy
● Water aerobics - have a sound system and music ready
● Water Polo - one goal on each end of the pool. One Water Polo Ball per game.

Safety
● Must address water safety rules with the class
● No running on pool deck
● No diving in the shallow end
● No pushing others into the pool
- Do not hold anyone under water for any reason

**Warm Up**
- If no swim test has ever been completed, each student should take a swim test.
- If swim tests have been done, have students:
  - free float
  - swim for 3 minutes without touching the bottom or the side of the pool.

**Description**
1. **Swimming** - Teach the students how to swim freestyle.
   a. [https://www.youtube.com/watch?v=5HLW2A11Ink](https://www.youtube.com/watch?v=5HLW2A11Ink)
   b. Have students practice swimming freestyle across the pool width-wise
   c. Have students swim freestyle for 5 minutes without stopping. They determine the speed at which they swim.
2. **Water Aerobics** - Teach students various water aerobic workout moves.
   a. There are hundreds of moves, several can be found in this video. [https://www.youtube.com/watch?v=hgU3xTxCwBA](https://www.youtube.com/watch?v=hgU3xTxCwBA)
   b. Complete 10-12 minutes of water aerobic activities.
   c. Explain the benefits of water aerobics.
      i. [https://www.youtube.com/watch?v=n_bxmxzgtL0](https://www.youtube.com/watch?v=n_bxmxzgtL0)
3. **Water Polo** - Have your students play water polo. Those who have trouble swimming should use floatation devices to assist. The game is played by treading water and throwing a water polo ball into the opponents' net. Staying afloat is critical in this game.

**More Challenging**
- Add additional strokes in swimming, such as butterfly, breaststroke and backstroke.
- Add weights/resistance to hands and legs for water aerobics.
- Add timing component to the swimming.

**Less Challenging**
- Add floatation devices to help stay afloat.
- Allow more breaks in water polo.

**Assessment**
- Written - Have students write a 1 page essay on why they liked one of the three activities the best. They must explain why, including the physical benefits. (place in portfolio)
- Have students complete portfolio journal prompts:
  - My favorite activity from today's lesson was…
  - This activity was my favorite because…
  - One activity I will commit to exploring further on my own time is...
- Physical - students will work at an intensity to reach heart rate moderate zone in a minimum of 2 of the 3 activities (chart will be placed in their portfolio) See chart from Lesson 2

**Cool Down/Review/Closure**
- Review the three activities introduced today.
○ Discuss steps to each activity
○ Discuss physical fitness levels and intensity levels for each
○ Discuss when and why each type is performed (example answers)
  ■ Swimming - Fun, burns calories, can save your life, can be done alone or with others
  ■ Water Aerobics - Easy on the joints, aerobic workout, burns calories
  ■ Water Polo - Intense aerobic activity, burns calories, teamwork