

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
- Goggles
- 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=5HLW2AI1Ink>
 - 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>
 - 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
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