

TEACHER

Planning (block of work):

Aquatics

Syllabus Learning Outcomes:

Students should be able to:

- Participate in a variety of simple water games, and swim, competently and safely, on front and back
- Perform at least one swimming stroke competently and safely
- Select and perform appropriate water and entry methods
- Perform basic survival skills
- Demonstrate a knowledge of elementary principles of land-based rescue
- Display an understanding of the benefits of swimming as an aerobic exercise
- Co-operate with others in the learning environment

Rich Task:

With a partner, one demonstrates safe entry and ability to travel/swim a defined distance. Retrieve two objects from the pool floor and remain in place demonstrating survival skills until rescued by partner.

Learning Experiences:

The students will need to be provided with experiences in which they;

- Enter the water safely
- Perform basic survival skills
- Participate in water confidence building activities
- Develop strokes
- Carry out rescues

Content:

- Safe Entries
- Personal swimming safety
- Push, glide, kick
- Arm action, front/back, full stroke
- Breathing technique
- Land rescue & survival skills treading water
- Surface dives feet/head first
- Combine safe entry, swim and dive
- Undertake Challenge

Challenge: You and your partner have been shipwrecked on a deserted island. One of you needs to return to the wreck of the ship to retrieve useful items necessary for your survival. On retrieving the items you discover that you are too tired to swim back to shore. You need to signal to your partner who will throw you a line to get you back safely. The water is unknown and could be dangerous.

Assessment approaches and instruments:

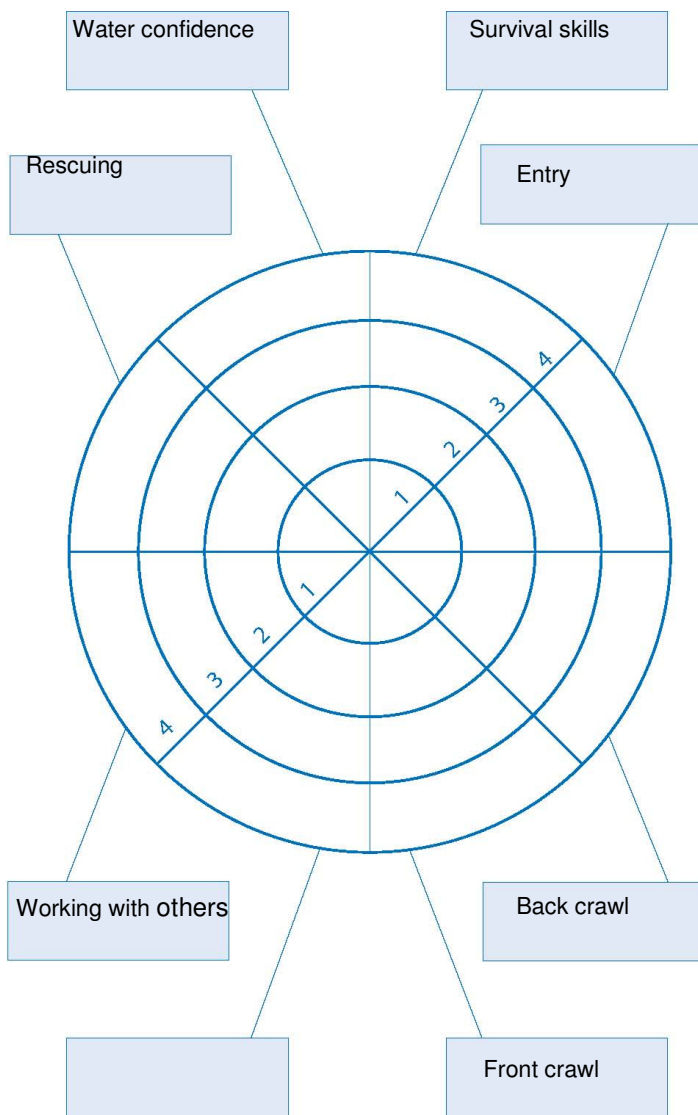
- Explain the challenge
- Share the learning intention & criteria for success within each lesson
- Focused questioning & observation
- Use feedback to inform learning
- My learning: Wheel
- Review of rich task/challenge

Equipment needed:

- Floats / sinkers / rescue ropes
- Flippers
- Buckets and small balls
- Aqua aerobics flashcards
- Action for Life Cards
- My Learning: Wheel
- First Aid kit

Student's Record of Learning

Name:	Class:	Date:
Area of study:		



1. I haven't started this yet
2. I can do this sometimes but I find it hard
3. I can perform this at a reasonable level most of the time
4. I can perform at a high level always

Challenge:

You and your partner have been shipwrecked on a deserted island. One of you needs to return to the wreck of the ship to retrieve useful items necessary for your survival. On retrieving the items you discover that you are too tired to swim back to shore. You need to signal to your partner who will throw you a line to get you back safely. The water is unknown and could be dangerous.

Student comment:

Teacher comment: