Rogers Public Schools Instructional Alignment
Physical Education - Swimming

QTR3	QTR4	Essential Learning	SLE Number	AR Department of Education Student Learning Expectations (SLE)	Objective	Task Analysis	Essential Vocabulary	Materials/Resources	Assessment
X		Swimming, Strength and conditioning	MC.1.PEL.4	Examine a variety of fitness and adventure activities to perform complex skills (e.g., dance, team and individual sports, aerobics, strength training, casting a fishing rod, canoeing, hiking, cycling)	Perform activities using fundamental skills.	Demonstrate a variety of traditional activities - Assessment of activities	Swimming activities Strategy tactics Fundamental movement Patterns Complex skill	Pool, cardio work roo	observation, stopwatch, competitions
X		Swimming, Strength and conditioning	MC.1.PEL.1	Critique movement in a variety of activities by utilizing technology (e.g., videos, digital cameras, stop watches, heart monitors, pedometers, computer programs)	Evaluate Personal fitness with digital camera, stopwatches, and competitive program	Assessment of activity	Strategy tactics computer	Pool, cardio work roo	Heart Rate MonitorsStop Watch, observations
X		Swimming, Strength and conditioning	MC.1.PEL.2	Identify and apply proper concepts associated with participation in a variety of activities (e.g., weightlifting, stretching, running, breathing, warm-ups)	Understand the importance of correct swimming techniques.	Apply safety at all times around and water related activities	Warm-up, stretching, cool down, and proper clothing for activity.	Pool, cardio work roo	observation, stopwatch, competitions
X		Swimming, Strength and conditioning	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Students will participate in traditional fitness through cardio endurance activities]	Students will maintain and demonstrate a variety of traditional activities	Strategy Tactics Fundamental movement Patterns	Pool, cardio work roo	observation, stopwatch, competitions
	X	Swimming, Strength, Condition	MC.1.PEL.2	Identify and apply proper concepts associated with participation in a variety of activities (e.g., weightlifting, stretching, running, breathing, warm-ups)	Students will participate in swimming activities	Students will demonstrate the proper swimming techniques	Basic Fundamentals and Movement patterns	Pool, cardio work roo	Stopwatch, competitions
X		Swimming, Strength and conditioning	HRF.2.PEL.1	Participate in a nationally recognized fitness assessment at various times throughout the year to determine the initial level of fitness and to determine individual progress (e.g., President's Challenge, other nationally recognized health-related fitness tests): • cardio-respiratory (e.g., mile run, step test, recovery rate, pacer) • muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength) • muscular endurance (e.g., curl-ups, push-ups, step-ups, grip endurance) • Flexibility (e.g., V-sit, sit and reach, shoulder stretch, trunk lift, body rotation) • body composition (e.g., BMI, body fat percentage, waist-hip ratio, skin fold)	Students will participate in a pretest and posttest to assess cardiorespiratory fitness	Demonstrate a basic level of CVR work and master good CVR function]	Cardio-respriatory Muscular strength Endurance Flexibility BMI %Fat	Pool, cardio work roo	observation, stopwatch, competitions
X		Swimming, Strength and conditioning	HRF.2.PEL.2	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles	Students will demonstrate a variety of health enhancing activities through basic movement patterns	Demonstrate a variety of health enhancing activities through basic body movements in the water. Students will be timed in an array of swim skills to develop proper CVR function.	cardio-respiratory muscular strength muscular endurance flexibility circuit training heart-rate monitoring stretching	Pool, cardio work roo	observation, stopwatch, competitions

	X	Nutrition	HRF.2.PEL.3	Participate in a variety of appropriate activities in each area of fitness by incorporating the FITT formula and the three basic principles of exercising: • cardio-respiratory (e.g., target heart rate formula, bicycling, canoeing, dancing, jogging, hiking, running, swimming, walking) • muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength, weight training) • muscular endurance (e.g., curl-ups, push-ups, step-ups, weight training) • flexibility (e.g., stretching, rotating, yoga, aerobics, Pilates) • body composition (e.g., balanced nutrition and physical activity)	Set goals and maintain healthy habits through a nutritional log.	Design health fitness goals -	Fitness profiles Nutritional guidelines	Video-room ,Turf are	Observation, competitions									
X		Swimming, Strength and conditioning	LAR.3.PEL.6	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings	Begin charting swim distances working toward class swim goals.	Students will learn a variety of strokes	freestyle, backstroke, butterfly, breaststroke	Pool, cardio work roo	observation, stopwatch, competitions								
X		Swimming, Strength and conditioning	LAR.3.PEL.4	Research fitness and/or recreational opportunities available locally, statewide, or nationally (e.g., trails, wilderness areas, rivers, lakes, fitness clubs, community fitness organizations)	Maintain and improve health-related fitness components through swimming activities outside the school setting.	In compliance with the swim guidelines, the students will understand basic components for swim/dive	stroke, penalty, point systems	Pool, cardio work roo	observation, stopwatch, competitions								
X		Swimming, Strength and conditioning	LAR.3.PEL.3	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: • stress management • maintain muscle mass • maintain cardio-respiratory fitness • maintain body weight • promote social interaction	Understand the value of lifelong participation in physical activity.	Demonstrate basic movements of Physical Fitness during competitions and practice sessions	Cardio-respriatory Muscular strength Endurance Flexibility	Pool, cardio work roo	observation, stopwatch, competitions								
	X	Nutrition	LAR.3.PEL.2	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks: • reduce blood lipids • lower blood pressure • appropriate weight loss • reduce stress • lessen colon cancer risk • lessen risk for diabetes	Students will stay in cardiovascular shape throughout the course	Basic Movements patterns associated with competition in pool activities	StrategyTatics and muscular strength	Pool, cardio work room,	competition and stopwatch								
	X	Nutrition	LAR.3.PEL.3	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: • stress management • maintain muscle mass • maintain cardio-respiratory fitness • maintain body weight • promote social interaction	stress reduction·	maintain muscle mass·	maintain cardiovascular·	Pool, cardio work roo	promote social interaction								
	X	Nutrition	LAR.3.PEL.5	Evaluate personal health and fitness as it relates to: • leisure time • employment • daily activities • economic impact	leisure·	employment·	daily activitieseconomic impact (healthcare costs)	Make personal choice	promote social interaction								
X		Swimming, Strength and conditioning	PSB.4.PEL.1	Demonstrate ability to act responsibly and independently in physical activity settings (e.g., accepts constructive feedback, displays courtesy to others, works independently, follows proper procedures, demonstrates fair play)	Cooperate with others in order to accomplish group tasks.Be familiar with the other students in the class.	Name and demonstrate responsible and considerate personal behaviors during physical activity.	Responsible Considerate Personal behaviors Constructive feed back Courteous Independently	Pool,cardio-room	Direct ObservationAccompli Tasks								

	~~X~~	Swim Safety	PSB.4.PEL.2	Apply appropriate safe behaviors when participating in all physical activities (e.g., care of equipment, wear helmet, wear mouth piece, wear life vest, hunter and boating safety)	Students will be properly equipped for every activity in which they participate and they will play according to the rules	Name and demonstrate use of safety equipment in the pool.	Responsible Considerate CPR Fundamentals	Pool, cardio work roo	Observations task assements								
		Overall Wellness	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Students will be taught about drug use and it's effects	name and distinguish problems associated with drug use	Drug Terminology and Problems	Health Materials and Th	Observations and Questions								
X		Swimming, Strength and conditioning	PSB.4.PEL.4	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying)	Develop a sense of trust and security in the group.	Summarize and apply positive social behaviors associated with physical activity.	Social behaviors Peer Interaction Sportsmanship	Pool,cardio-room	Observation								
X		Swimming, Strength and conditioning	PSB.4.PEL.5	Recognize the impact of peer pressure on physical activity, participation, and performance	Demonstrate understanding of how maintaining a healthy lifestyle could affect economic factors.	Explain the importance of good CVR fitness and how it relates to life	Diet, sleep, stress, lifestyle	Pool, cardio work roo	observation, stopwatch, competitions								
	x	swimming strength and conditioning	HRF.2.PFL.4	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)	Students will demonstrate stress relief strategies that work for them	Students will demo. stress relief strategies that work for them	stress, imagery	fitness for life	observation								
x		Overall Wellness	LAR.3.PEL.1	Engage in a variety of activities that promote improvement in each skill-related component of fitness: • agility • balance • coordination • power • reaction time • speed	Students will understand the difference in health related fitness components and skill related fitness components	Demonstrate fitness components	Agility, Balance speed and power	Physical Dimensions/ F	Obsrervation, stopwatch								
x		swimming strength and conditioning	MC.1.PEL.5	Differentiate between anaerobic and aerobic activities for improvement in endurance	Students will demonstrate breathing concepts in water	stroke;breathing work in pool	cardio-respiratory	pool, cardio work room	observation, stopwatch,								
x		swimming strength and conditioning	MC.1.PEL.6	Differentiate between isotonic and isometric activities for improvement in strength and flexibility	Students will understand the difference between strength training	push ups, water pulleys, etc, students will drag studnts through water	isotonic; isometric	pool, cardio work room	observations, stopwatch								
	x	Overall Wellness	MC.1.PEL.7	Differentiate between the components of the FITT formula: • Frequency • Intensity • Time • Type	Students will understand the components of fitness		FITT; principles - strength/endurance	pool, cardio work room	Stopwatch, competitions								
	x	Overall Wellness	MC.1.PEL.8	Evaluate the three basic principles of exercise as it relates to personal fitness: • overload • progression • specificity	Students will work and isolate specific parts in the water	isolate specific muscle groups	overload, progression, specificity	kickboard, pull bouy, pool	observations								