### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

*Within the context of Aquatics 1 students will:*

1.1 Perform a variety of swimming strokes - front crawl, back crawl, breast stroke, elementary backstroke, sidestroke, butterfly - proficiently over a distance of 10, 25, 50 and 100 meter according to the *ARC Learn to Swim* levels V and VI.

1.2 Demonstrate changes in buoyancy using breathing control skills.

1.3 Tread water using a minimum of 3 different kicks - breast stroke/whip kick, scissors kick, rotary kick.

1.4 Swim a consistent individual speed for the 4 competition strokes with the use of the pace clock.

1.5 Execute head first entries from both pool deck and starting blocks in a safe manner. (i.e. Track start and Grab start).

1.6 Perform throwing, catching and shooting techniques in the game of water polo.

1.7 Clear a mask underwater in snorkeling.

### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

*Within the context of Aquatics 1 students will:*

2.1 Know the official rules and regulations for the start, stroke performance and turn in front crawl, back crawl, breast stroke and butterfly.

2.2 Explain hydrodynamic principles that helps reduce drag during swimming strokes.

2.3 Explain tactical decisions in the game of water polo - whether to pass or to shoot in a particular situation, what to do when?

2.4 Explain basic water safety rules in and around the pool - for example, *No diving in the shallow end*.

### Standard 3: Participates regularly in physical activity.

*Students will:*

3.1 Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

3.2 Respond to recommended participation in vigorous physical activity outside of physical education class during the week.
### Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

**Students will:**

- **4.1** Develop a personal fitness profile on the basis of fitness assessment results.
- **4.2** Meet the age- and gender-specific health-related fitness standards defined by Fitnessgram.

### Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Students will:**

- **5.1** Demonstrate the 5 SAS core values (respect, responsibility, compassion, honesty, fairness) in cooperative and competitive games/activities.
- **5.2** Show leadership by peer-coaching others in class in small groups.
- **5.3** Show support and encouragement to all levels of skill and/or experience.

### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Students will:**

- **6.1** Identify and reflect on reasons for choosing to participate in selected activities. (i.e. Health enjoyment, challenge, self-expression, social interaction).
- **6.2** Develop positive and healthy relationships with other students in class.