

Murrieta Valley Unified School District
High School Course Outline
2003

Department:	Physical Education
Course Title:	Aquatics/Water Games
Course Number:	2790
Grade Level(s):	10-12
Length of Course:	1 year
Prerequisite(s):	Successful completion of one year of Physical Education 9. A course fee is required for students receiving any Red Cross certification.

Brief Course Description:

Aquatics meets the second year of District graduation requirements for Physical Education or upper class elective credit. This course is designed to introduce a variety of water and swimming related activities including: relays, water polo, water volleyball, inner tube polo, water softball, tag games, recreational swimming, snorkeling, water safety and lifeguard techniques. Basic skills and techniques along with rules and strategies will be covered. Daily participation in exercises that improve flexibility, muscle strength, and cardiovascular fitness will emphasize the benefits of lifetime health and fitness. This course will also focus on the development of movement skills and movement knowledge, self image and personal growth, and social evolution.

I. Goals

The students will:

- A. Apply the fundamental movement skills in aquatic activities and games.
- B. Create a variety of offensive/defensive strategies for a new aquatic activity.
- C. Analyze the rules and strategies for an activity of choice.
- D. Analyze movement performance using application of levers to learn and improve movement skills.
- E. Incorporate an activity of choice into their personal fitness plan.
- F. Assess personal fitness, compare their fitness standard, and set goals for improvement or maintenance.
- G. Explain the relationship between the development of the sensory system and selection of developmentally appropriate activities.
- H. Participant in activities of choice and strive for individual excellence.
- I. Discover and value a variety of movement-related performances.

- J. Demonstrate appropriate interpersonal skills in movement-related experiences.
- K. Explore the history and evolution of an elective activity as it relates to the 20th century.
- L. Demonstrate appropriate safety and rescue skills in water use.

II. Instructional Materials

- A. *Moving for Life*, Spindt, Monti, Hennessy, Kendall Hunt Publishing Co.
- B. Video camera and monitor, computer software
- C. First Aid/CPR, American Red Cross
- D. Lifeguarding, American Red Cross
- E. First Responder, American Red Cross
- F. Water Safety Instruction, American Red Cross
- G. Boating Safety, U.S. Coast Guard