



Curriculum Overview

Water Sports

Course Description

This is a one-semester course designed to develop foundational aquatic skills related to fitness and overall wellness components. The course develops and fosters positive team characteristics within a pool setting. Small-sided, cooperative games are intentionally planned for the development of skills needed to perform cognitive, social-emotional, and physical skills needed in a game setting. 90% of this course is done within the pool.

Enduring Understandings

Students will understand...

- Utilization of cooperative skills to promote a healthy social lifestyle.
- Knowing and applying fitness principles throughout life enhances health.
- Application of a variety of fitness concepts necessary to maintain health.
- Application and development of team characteristics, values, and behaviors.

Essential Questions

- How are necessary concepts and skills applied to enhance health, gameplay, strategy, and performance?
- What skills and principles are necessary to promote an active lifestyle?
- How do your individual choices or behaviors impact a group of people?
- How do you cultivate a sense of belongingness between a group of people?

Units of Study

- Safety: Basic Strokes, Survival,
- Mini Games/Cooperative Play
- Water Polo
- Water Baseball
- Water Volleyball/Crossnet
- Water Basketball
- Top Golf Water Edition
- Underwater Hockey

Primary Resources

- Shapeamerica.org
- Pecentral.org
- Peuniverse.org
- Movement Matters by Michael Beringer
- PhysEdgames.org
- GopherPEblog.org
- Polargofit.com
- Thepespecialist.com
- Youtube.com
- Tedtv.com
- Activities that Teach, Tom Jackson
- More Activities That Teach, Tom Jackson
- Project Adventure
- <https://www.rei.com/learn/expert-advice/>
- Cdc.gov