***Swimming:***

***Targets: Formative: Interventions: Summative:***

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| 1. I can identify the following swim strokes; front and back crawl, breaststroke and elementary backstroke | * Able to demonstrate and analyze swim strokes when asked to perform | * Give demonstration * Partner work and peer assessment | * Physical swim test utilizing kick, proper arm movements and breathing (if needed) |
| 1. I can swim safely to wall/shore using treading and/or floating | * Observe their floating and treading for timed amounts | * Practice floating and/treading in more shallow water * Use of a floating device | * Timed floating/treading combo |
| 1. I can follow pool rules in and out of the water | * Teacher observations | * Teacher-student conversations | * Students verbalize and demonstrate rules of pool safety |
| 1. I can identify safe pool entries; surface, feet first and head first dives | * Able to verbalize and/or demonstrate | * One on one work with teacher and/or PE leader | * Dive for objects in an appropriate area of the pool |
| 1. I can identify and demonstrate the rules of water polo | * Teacher observations | * Teacher and/or PE leader feedback | * Game play and written test |
| 1. I can understand and demonstrate improved cardiovascular fitness | * Able to swim a variety of strokes during a continuous swim | * Use of variety of swim strokes and equipment | * Interpret and analyze strokes used during cardiovascular swimming |