**Unique P.E.: Underwater Rugby**

**Core Learning Targets:**

Essential learning embedded throughout the course

that is student owned and understood.

**(GQ#1: What do we want our students to know and be able to do?)**

1. Students will be able to demonstrate proper use of strategies and skills to maneuver in the pool during game play.
2. Students will be able to identify healthy warm up & stretching techniques prior to physical activity in the pool.
3. Students will be able to successfully utilize various swim techniques, strokes and breathing techniques throughout game play.

**Unit Learning Targets:**

Intended learning for specific student(s) at a specific time

that is student owned and understood.

**(GQ#1: What do we want our students to know and be able to do?)**

*Content/Knowledge:*

1. Students will be able to utilize proper swim strokes including side stokes, freestyle backstroke, breastroke.

2. Students will be able to understand and working in a alternative environment.

3. Students

*Skills:*

1. Students will be able to demonstrate breathing techniques and ability.

2. Students will recognize their physical limits are set by their mind and not their body.

3.

*Process:*

*In writing Learning Targets utilize the following:*

Past HPHS Quality Products, Department specific National Standards,

and College Readiness Standards

**Common Assessments:**

**(GQ#2: How do we know if our students are successful?)**

Formative:

Summative: