

## AQUATICS CURRICULUM MAP

	<b>UNIT 1</b>	<b>UNIT 2</b>	<b>UNIT 3</b>	<b>UNIT 4</b>	<b>UNIT 5</b>
<b>CONTENT</b>	Red Cross Level V Learn to Swim Program	WSI Aid	Personal Wellness	Lifeguarding	Aquatic Fitness Activities
<b>SKILLS</b>	<ul style="list-style-type: none"> <li>-Technique/Skills</li> <li>- Safety</li> <li>- Review basic skills</li> <li>- Proper technique of strokes and dives</li> </ul>	<ul style="list-style-type: none"> <li>- Terms defined</li> <li>- Technique/ Skills</li> <li>- Rules</li> <li>- Safety</li> </ul>	<ul style="list-style-type: none"> <li>- Principles of training</li> <li>- Technique/ Skills</li> <li>- Safety</li> <li>- Terms defined</li> <li>- Rules</li> <li>- Goal setting</li> <li>- Implement fitness plan</li> </ul>	<ul style="list-style-type: none"> <li>-C.P.R. and RB procedures skills</li> <li>- Lifesaving procedures and skills</li> <li>- Demonstrate emergency skills</li> <li>- Technique/ Skill</li> <li>- Safety</li> </ul>	<ul style="list-style-type: none"> <li>-Knowledge and skills of selected aquatic activity</li> <li>- Safety</li> <li>- Terms defined</li> <li>- Skills/ Techniques</li> </ul>
<b>ASSESSMENT</b>	<ul style="list-style-type: none"> <li>- Performance assessment</li> <li>- Skill test</li> <li>- Video assessment</li> <li>- Completion of certification</li> <li>- CRT</li> </ul>	<ul style="list-style-type: none"> <li>- Lesson plan developed</li> <li>- Performance assessment</li> <li>- Completion of certification</li> <li>- CRT</li> </ul>	<ul style="list-style-type: none"> <li>- Fitness log</li> <li>- Worksheets on target heart rate</li> <li>- Health profile</li> <li>- CRT</li> </ul>	<ul style="list-style-type: none"> <li>- Performance/ Skill test</li> <li>- Performance assessment</li> <li>- Written test</li> <li>- Completion of certification</li> </ul>	<ul style="list-style-type: none"> <li>- Checklist</li> <li>-CRT</li> <li>- Performance assessment</li> </ul>
<b>STANDARDS</b>	3.7.2.1 (19.A.5) 3.7.2.2 (19.B.5)	3.7.2.1 (19.A.5)	3.8.2.6 (20.B.5b) 3.8.2.7 (20.C.4b) 3.8.2.12 (20.C.5c) 3.8.2.10 (20.B.5a) 3.8.2.13 (20.C.5c) 3.8.2.8 (20.A.5) 3.8.2.9 (24.c.5)	3.6.3.2 (22.A.4c) 3.6.4.1 (22.A.4c) 3.6.1.2 (22.A.5c) 3.6.3.2 (22.A.4c) 3.6.4.1 (22.A. 4c) 3.6.4.4 (22.A.4d)	3.7.2.1 (19.A.5) 3.7.2.3 (19.A.5) 3.7.2.3 (19.A.5) 3.7.2.3 (19.C.5a) 4.5.2.4 (21.A.5) 4.5.1.6 (19.c.5b) 4.5.2.5 (21.B.5)