LAKE SHORE HIGH SCHOOL

Course Syllabus for swimming

# Length of term- 1 trimester Credit- ½ credit

1. Course description

This is an elective course that will satisfy ½ of the Physical Education requirement. It is designed to teach and develop swimming techniques. Additionally students will learn mouth to mouth resuscitation, basic CPR and some Life saving techniques.

1. Text/Materials/Supplies

A one- piece or two-piece swimsuit is required for all students. You must bring your own towel and goggles. You can use ear plugs or nose plugs. Students may also wear a shirt over your swimsuit if you want.

1. Course Content

We will learn basic strokes: front crawl, backstroke, elementary backstroke, breaststroke, butterfly and sidestroke. We will also learn mouth to mouth resuscitation, basic CPR and some water safety. We will also play some water games.

1. Outcomes

By the end of the course the students will:

* + Demonstrate skills related to the different swimming strokes learned in class.
  + Demonstrate a knowledge of the water and different swimming strokes.
  + Demonstrate behavior that is proper around water and a swimming pool area.
  + Appreciate and participate in all activities in the pool

1. Student Expectations
   * Students will be prepared for class with appropriate attire.
   * Students will respect each other, the teacher and the school equipment
   * Students will respect the water and not jeopardize the safety of others.
   * Students will have fun!