

The background features a light gray gradient with several realistic water droplets of various sizes scattered across the surface. In the center, there are faint, concentric ripples, suggesting a splash. The overall aesthetic is clean and fresh.

MAKING A SPLASH IN PE

LACEY PETERS

WESTSIDE HIGH SCHOOL



NEBRASKA PHYSICAL EDUCATION STANDARDS

- COURSE BASED STANDARDS
 - BEGINNING SWIMMING
 - INTERMEDIATE/ADVANCED SWIMMING
 - FITNESS SWIMMING & AQUATIC ACTIVITIES
 - LIFEGUARD TRAINING & WATER SAFETY INSTRUCTOR AIDE
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PE.HS.2 Beginning Swimming

PE.HS.2.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.HS.2.1.a Attempts basic swimming strokes (e.g., sidestroke, elementary backstroke, front crawl, and backstroke).

PE.HS.2.1.b Performs basic survival skills and drown-proofing techniques (e.g., treading, floating, water entries, lifejacket protocol).

PE.HS.2.2 Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.HS.2.2.a Participates in water recreation games and activities to enhance fitness (e.g., water aerobics/exercises, water volleyball, water baseball).

PE.HS.2.2.b Identifies the health benefits of swimming and aquatic activities (e.g., health-related components, low impact, rehabilitation).

PE.HS.2.3 Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.

PE.HS.2.3.a Exhibits etiquette, respect for others and teamwork while engaging in aquatic activities.

PE.HS.2.3.b Applies best practices for participating safely in and around aquatic activities (e.g., safe entry, walking on the deck, space awareness, lifejacket protocol).

PE.HS.3 Intermediate/Advanced Swimming

PE.HS.3.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.HS.3.1.a Performs basic swimming strokes (e.g., sidestroke, elementary backstroke, front crawl, and backstroke).

PE.HS.3.1.b Executes in water skills (e.g., turns, flag count).

PE.HS.3.1.c Executes near-water skills (e.g., starts, board approach).

PE.HS.3.2 Applies knowledge of concepts, principles, tactics and strategies related to movement and performance to achieve and maintain a health enhancing level of physical activity and fitness.

PE.HS.3.2.a Participates in water recreation games and activities to enhance fitness (e.g., water aerobics/exercises, water volleyball, water polo, kayaking, paddle boarding, yoga, dance).

PE.HS.3.2.b Designs and implements personal workouts and fitness goals in an aquatic environment (e.g., warm up, workout, cool down, Frequency, Intensity, Type, and Time {FITT}).

PE.HS.3.2.c Analyzes the health benefits of self-selected aquatic activities (e.g., health-related components, disease prevention, heart rate, target heart rate zone).

PE.HS.3.3 Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.

PE.HS.3.3.a Exhibits etiquette, respect for others, and teamwork while engaging in aquatic activities.

PE.HS.3.3.b Employs effective self-management skills to analyze individual barriers and modify aquatic activity patterns as needed.

PE.HS.3.3.c Performs appropriate water safety skills (e.g., safe entry, lane etiquette, diving, space awareness, reach or throw, don't go, flag count).

PE.HS.4 Fitness Swimming and Aquatic Activities

PE.HS.4.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.HS.4.1.a Performs four competitive strokes (e.g., butterfly, backstroke, breaststroke, front crawl).

PE.HS.4.1.b Executes in water skills (e.g., turns, flag count, survival using clothing for flotation).

PE.HS.4.1.c Executes near water skills (e.g., starts, board approach with flight, sizing paddles).

PE.HS.4.1.d Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in selected aquatic skills.

PE.HS.4.2 Applies knowledge of concepts, principles, tactics and strategies related to movement and performance to achieve and maintain a health enhancing level of physical activity and fitness.

PE.HS.4.2.a Designs and implements a plan to improve performance and/or maintain a healthy and active lifestyle (e.g., workouts, fin & paddle use, water exercise courses in community).

PE.HS.4.3 Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.

PE.HS.4.3.a Exhibits etiquette, respect for others and teamwork while engaging in aquatic activities.

PE.HS.4.3.b Selects an appropriate level of challenge to experience success and desire to participate in a self-selected aquatic activity.

PE.HS.4.3.c Utilizes communication skills and implements strategies that promote team/group dynamics in aquatic environments.

PE.HS.17 Lifeguard Training & Water Safety Instruction Aide

PE.HS.17.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.HS.17.1.a Performs all lifeguarding rescue skills as required by American Red Cross (e.g., entries and approaches, active rescues, passive rescues, reaching assist).

PE.HS.17.1.b Performs all CPR/First Aid/AED skills as required by American Red Cross (e.g., ventilations, one-rescuer CPR, two-rescuer CPR, conscious choking, AED, control external bleeding).

PE.HS.17.1.c Applies the terminology associated with Water Safety.

PE.HS.17.1.d Applies the terminology associated with lifeguard skills staged in rescue situations.

PE.HS.17.2 Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.HS.17.2.a Evaluates risks and safety factors associated with aquatic activities in heat, humidity and cold (e.g., hydration, heat exhaustion, heat stroke, hypothermia, sun exposure).

PE.HS.17.2.b Evaluates risks and safety factors associated with aquatic environments.

PE.HS.17.2.c Applies best practices for participating safely in and around aquatic activities.

PE.HS.17.3 Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.

PE.HS.17.3.a Exhibits etiquette and respect for others while engaging in and around aquatic activity (e.g., customer service, instructing lessons).

PE.HS.17.3.b Utilizes communication skills and strategies that promote team/group dynamics (e.g., for patrons and team responses) in aquatic environments.

PE.HS.17.3.c Thinks critically and solves problems both as an individual and in groups in aquatic environments.

PE.HS.17.3.d Discusses the benefits of a physically active lifestyle as it relates to a career of lifeguarding.

WHAT DO WE HAVE & HOW DO THEY LOOK?

- SWIMMING 1 - TWO 80 MIN CLASSES
- SWIMMING 2 - TWO 80 MIN CLASSES
- SWIMMING 3 - TWO 80 MIN CLASSES
- LIFEGUARDING/WSI AIDE - THREE 80 MIN CLASSES

STROKE WORK

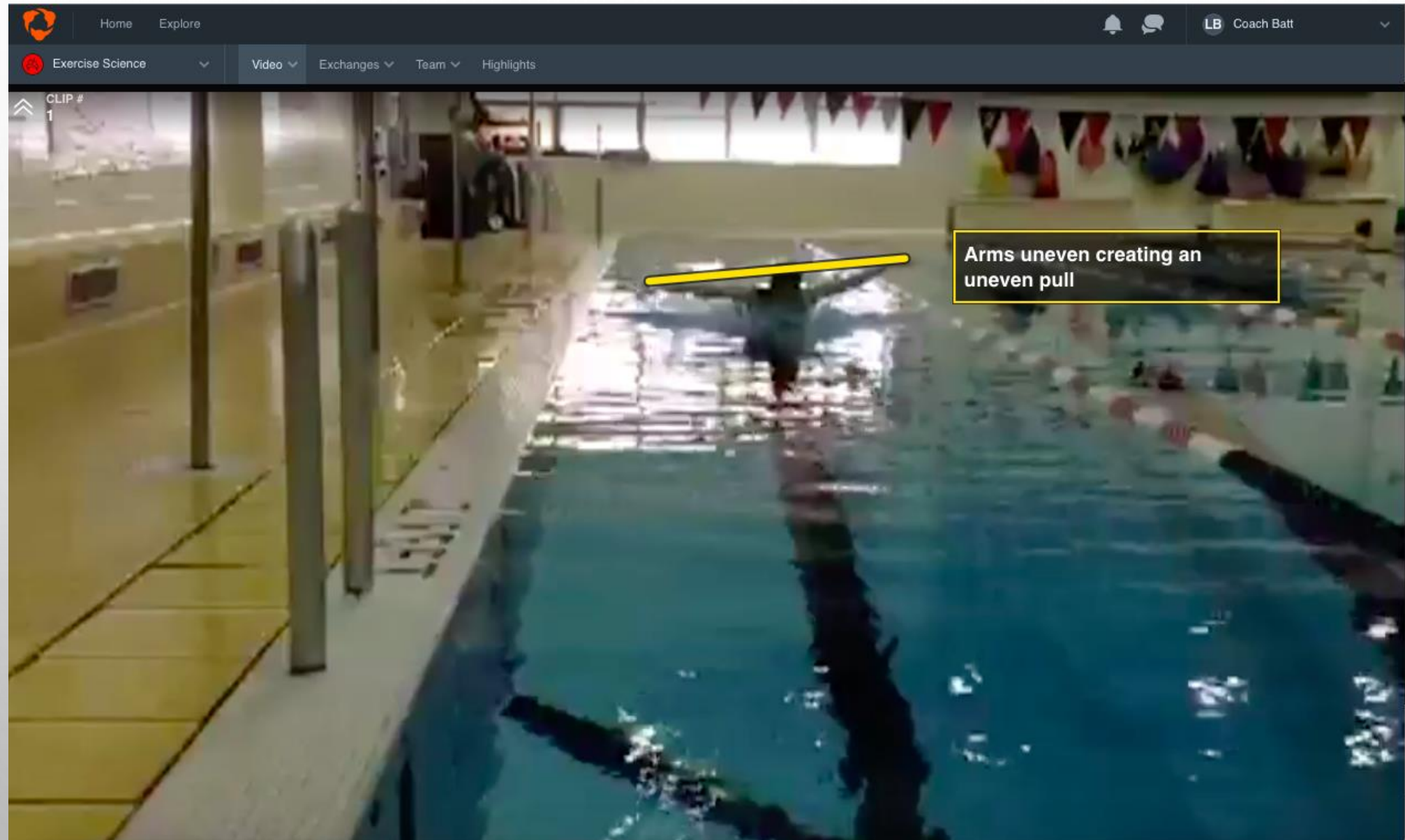
- 4 COMPETITION STROKES
 - FREESTYLE
 - BACKSTROKE
 - BREASTSTROKE
 - BUTTERFLY
- 2 SURVIVAL/RECREATIONAL STROKES
 - SIDESTROKE
 - ELEMENTARY BACKSTROKE

ASSIGNMENTS/COURSE WORK

- VIDEO ANALYSIS
- WORKOUT CREATION
- JOURNALS
- VOCABULARY SHEETS
- LIFETIME FITNESS ARTICLES
- EXERCISE SCIENCE PAPER
- WORKOUT LOG



HUDL



SKILL WORK


- TREADING
- SURFACE DIVES
- DIVING
- OPEN & FLIP TURNS
- STARTS
- SPRING BOARD

GAMES/ACTIVITIES

- SHARKS & MINNOWS
- WATER BASEBALL
- WATER VOLLEYBALL
- FREEZE TAG
- OCTOPUS TAG
- MARCO POLO
- WATER POLO
- CHALLENGES
- FLICK & FLOAT
- WATER SOCCER
- FOUR CORNERS
- DIVE STICK RETRIEVAL
- RELAYS
- NOODLE RACES
- BOARD GAME
- DOG BONES
- INNER TUBE WATER POLO



WATER FITNESS

- SHALLOW END WATER AEROBICS
 - WATER WEIGHTS
 - DEEP WATER AEROBICS
 - WATER YOGA
 - AQUA ZUMBA
 - WATER JOGGING/WALKING
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RECREATION/OPEN WATER

- SAFETY PROCEDURES
 - REACH OR THROW DON'T GO
 - PROPER FITTING LIFEJACKET
 - CLOTHING FLOATATION
 - H.E.L.P & H.U.D.D.L.E
 - JELLYFISH FLOAT
 - KAYAKING
 - PADDLE BOARDING
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