**Unit: Swimming**

**Basic Skills**

1) Freestyle

2) Backstroke

3) Breaststroke

4) Elementary backstroke

5) Pool rules and safety rules

**Unit information:**

Students will be instructed daily regarding proper swim techniques. Skills will be built upon each day of the 3-4 week unit. Practice time will provided as well as individual student support based on ability.

**Assessment:**

* Pretest and post-test will be given for each stroke. Instructors are looking for improvement of each stroke throughout the course of the swim unit.

**Resources:**

* CA State PE Standards <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>
* Health benefits of water based exercise <http://www.cdc.gov/healthywater/swimming/health_benefits_water_exercise.html>
* USA Swimming <http://www.usaswimming.org/DesktopDefault.aspx>