

Grade 7 and 8 Pool Syllabus
Ms. Donoso and Mr. Yardley
Glenview Senior Public School
2018/19

Goals

Apply water skills and knowledge for safety, enjoyment and survival

Skill Development

- Stroke correction and efficiency
- Co-operative games
- Aqua-fitness conditioning classes
- Application of life-saving skills and survival techniques
- Handling emergency situations
- Introduction to alternative water skills
- Synchronised swimming
- Water polo

Fitness

12 minute endurance swim evaluation once per year.

Components of Grading System

- Skill Development 25%
- Fitness 25%
- Participation and attitude 50%

If a student must miss a class, he/she needs to attend a make-up class. Make up classes are offered in a 10-day cycle on Day 4 and 9 starting at 8:15 .m. These classes are also available to any student who wishes to improve skills or fitness level as well as enjoyment.

If a student must be excused from participating in pool class, he/she must bring a note from home. If a student misses a class and does not provide a note, a written notice will be documented in the student's agenda and will require parent's initials/signature. Students must wear their gym uniform and bring school work with them on deck if they are not participating in swim class. Please note that students not participating in pool class will be required to take part in mandatory daily physical activity (DPA) and have also been instructed to come prepared with clean indoor running shoes as well as a water bottle.

A doctor's note will be required in order to be exempt from participating in pool for the year, and to excuse a student for an extended period of time due to injury or illness.

Swim Team

Swim team will be held in January for students wishing to join. All students who possess deep water swimming skills and have a desire to compete are encouraged to join the team and, students who wish to improve their skills outside of competition should speak to the aquatics staff. Students will be informed of practice times once the schedule has been finalized. Dates and details for the competitive Swim Meet Finals, if any, are currently unknown for the upcoming session but are traditionally held in the month of April. Information will be given closer to the date.