



# Swimming Education Syllabus

---

**Room:** Swimming Pool

**Teacher:** Mr. Byers Phone: 412-896-2349 x7871  
Email: [dbyers@efsd.net](mailto:dbyers@efsd.net)  
Mrs. Miele Phone: 412-896-2349 x7876  
Email: [kmiele@efsd.net](mailto:kmiele@efsd.net)  
Mr. Flaus Phone: 412-896-2349 x7871  
Email: [mflaus@efsd.net](mailto:mflaus@efsd.net)

**Website:** <https://www.efsd.net/Domain/8>

- Click “teachers” link and select assigned teacher to access course information
- Students will be responsible for using “Canvas” to access PE assignments or resources related to course.

## Course Description:

- This course is required by all ninth-grade students and open to all grade levels that wish to fulfill their physical education requirement. This course is designed to meet the need of all swimming skill levels. The students will move through a series of skills designated by the American Red Cross. Pace of instruction is established in accordance with the individual's needs with the instructor's guidance.
- Individual skill components and cumulative efforts of the following swim strokes: freestyle, backstroke, side stroke, elementary backstroke, breaststroke, butterfly stroke, and military sidestroke will be taught.
- All students will have the opportunity to learn basic water safety, first aid, and CPR at the awareness level
- Fitness Testing, 12 minute swim endurance test, swim relays, and water games will also be implemented.

## \*Swimming Class Unit Progression:

1. Introduce basic water skills
2. Getting comfortable in different depths of water
3. Breathe holding
4. Floating / Gliding / Treading water
5. Different types of kicking
6. Learn 6 different swim strokes used in competitive swimming or rescue swimming
7. Different types of diving

8. Benefits of lap swimming / pace clock
9. Target Heart Rate Training
10. Water Safety, Basic First Aid and CPR

## Grading:

- All grades will follow the EFSD grading scale and will be determined by total points earned/total points possible. Semester and final grades will reflect the cumulative total points from each 9 weeks.

A=100-90%      B=89-80%      C=79-70%      D=69-60%      F=59-0%

### Grading Categories and their Weights:

- Class work/Participation: (**Formal Assessments**): Approximately 90% of total grade, 10 points per day, recorded daily. Students daily points are determined by: following the daily grading scale and the level at which the unit/daily course objectives are met.
- Written Assessments, Quizzes & Activity Extension Assignments (**Formal and Informal Assessments**) may be added at the teacher's discretion.
- ISS students will be issued a written assignment equivalent to points missed per day
- **No student will be excused from swimming class in order to complete work for another class.**

### \* Swimming Daily Grading Rubric:

#### **10 Points Per Day: (2) Dress (8) Participation/Sportsmanship**

<b>Content:</b>	<b>Advanced</b>	<b>Proficient</b>	<b>Basic</b>
<b>Points</b>	<b>10-8</b>	<b>7-4</b>	<b>3-0</b>
<b>Participaiton /</b>	Always respectful, encourages others, shares, no put-downs or profanity	Respectful most of the time, takes turns, takes care of self	Often requires interventions, displays disrespect & selfish behavior
<b>Sportsmanship</b>	Actively involved, great effort, on task during all parts of class, Demonstrates proper safety at all times and follows all rules the first time	Generally involved, good effort in most parts of class, minimal reminders Sufficiently demonstrates proper safety and follows directions most of the time	Minimal effort displayed, on task part of the class Occasionally displays unsafe behavior & follows directions part or none of the time
<b>Dress</b>	Wear tennis shoes when required		No tennis shoes  Students are required to complete written assignment for 2 points

## \*General Class Policies and Procedures:

- Students are expected to arrive to class on time.
- Boys will enter through the boys swim lockerroom
- Girls will enter through the girls swim lockerroom
- You have 5 minutes to change in locker room and report to “Roll Call Bench” on pool deck for attendance and warm up (**line up in alphabetical order**)
- Leave cell phones and personal valuables locked up in locker room **YOU ARE EXPECTED TO LOCK VALUABLES UP WITH YOUR OWN LOCK. ITEMS NOT LOCKED WILL NOT BE SEARCHED FOR.**
- Do not play with any equipment on the pool deck unless authorized by swim teacher
- Students will have **5-8 minutes** at the closure of class to shower/change and prepare for their next class.
- All students will report back to **“Roll Call Bench”** at the duration of class after showering/changing for next class.
- All students will use the **exit door closest to the boys lockerroom** at bell dismissal
- Leaving class early is considered a class cut and will result in a zero for class and an issued office referral.
- Please report ALL major and minor injuries to swim teacher

## Academic Integrity:

- Display good sportsmanship
- Practice self-control
- Be respectful to all abilities
- Set realistic goals
- Given an honest effort during all fitness testing assessments
- Do not disrespect peers, equipment, facilities, or instructor
- Do not settle for less than your best effort
- Do not jeopardize class safety for personal gain
- Do not ignore rules
- Do not manipulate fitness assessment technology

## \*Physical Fitness Testing:

- A 12 minute swim endurance test will be administered twice a semester.
- Fitness testing be used to assess student’s strengths and weaknesses in the following physical fitness components: **aerobic capacity, muscular endurance, muscular strength, flexibility, and body composition.**
- **Why Fitness Test?** It helps students understand how healthy they are and learn to set goals to improve their personal health and wellness.
- Testing will take place twice a semester (pre and post) so students can see how much they improve
- **Student performance on these tests will not affect their overall grade**
- Students who improve on 3 of the 6 fitness tests will be recognized with a certificate at the end of the semester.

## Class Expectations:

1. **Sportsmanship:** Encourages others, takes turns, shares with classmates, and does not put others down. Honor the commitment of others in your class by giving fully of yourself. Be respectful to the class, the teacher, and the equipment.
2. **Effort/ Participation:** High level of participation, always on task, consistently pushes self, prepared for class activities.
3. **Safety:** Be safe. Create a level of safety so that other people can relax and feel comfortable.
4. **Important Reminders:**
  - Elizabeth Forward School District has a zero-tolerance policy for the harassment and intimidation of others.
  - Foul language will not be tolerated.
  - Students are not permitted in the swim locker room area during classes without teacher permission.

## Dress:

- Any student who does not have proper swim attire **cannot participate** in swim activities.
- Any student who does not dress for class will be required to complete a 2-point assignment to complete at a designated area on the pool deck.
- Students will have **5 minutes** to dress from the time that the late bell rings before being considered tardy. Multiple tardies will be assigned a teacher detention according to school policy.
- Students will have **5-8 minutes** at the closure of class to shower/change and prepare for their next class.
- Dress Requirements:
  - **Girls:** 1 piece bathing suit, goggles, hair cap, and towel
  - **Boys:** regular bathing suit, goggles, and towel
  - No big jewelry (earrings, chains, etc.)
  - Locks are strongly suggested during Swimming/PE.
  - **You must provide your own locks.**
- **ONLY BRING YOURSELF TO CLASS**
- **ALL TECHNOLOGY AND BELONGINGS SHOULD REMAIN IN LOCKEROOM LOCKED UP!**
- The Elizabeth Forward High School is not responsible for any lost or stolen items left unlocked by students!

## \*Medical Excuses:

- Students are permitted One – “1-day parent medical excuse” per 9 weeks
- Students missing more than 1 day due to medical reasons may only be excused from swimming with a medical excuse from a doctor.
- No parent notes will be accepted.
- The school nurse can excuse a student from class in an emergency sickness. Students must obtain a note prior to coming to class.

- Female students may choose not to participate for **5 consecutive days for their monthly menstrual cycle**. Please provide swimming instructor with a written excuse from a parent or guardian.
- Female students who need more than 5 days should ask their parents or guardian to contact the instructor via phone to discuss options.
- Females on a **menstrual cycle** will be given a written assignment equivalent to 10 daily points to complete at a designated area on the pool deck.
- **Short Term Medical (1-3 weeks):** Students who are excused from all types of physical activity will be required to complete a written assignment during class AT A DESIGNATED AREA on Pool Deck.
- Failure to turn assignments at end of class will affect daily grade percentage.
- **Long-Term Medical (>3 weeks):** – may jeopardize credits needed for graduation and need to be handled through the student’s guidance counselor and Physical Education Teacher. ***The course may need to be rescheduled at a later date to earn the necessary credits for graduation or student will be placed in study hall to complete extended written assignment.***
- For liability reasons, any student that presents a medical excuse will not be permitted to participate in swimming classes or school athletics until medically cleared.

**Adhere to the PBIS Classroom Expectations:**

- Be Safe
- Respectful
- Accountable
- Victorious
- Enthusiastic



**PE Discipline Policy:**

IF STUDENT MISBEHAVES:				
Minor Behavior:				Major Behavior:
<b>1<sup>st</sup> Offense</b>	<b>2<sup>nd</sup> Offense</b>	<b>3<sup>rd</sup> Offense</b>	<b>4<sup>th</sup> Offense</b>	<b>1<sup>st</sup> Offense:</b> Teacher will complete and submit office referral form
warn student	Conference w student	Remove from activity, teacher detention, lunch detention	Submit Office Referral Form	
	Complete ABE Log	Contact Parent / Log in Powerschool	Contact Parents & Log in Powerschool	
		Complete ABE Log		

**RETURN A.S.A.P TO YOUR P.E. TEACHER**

We have read and discussed the Physical Education Syllabus and understand what the expectations, policies and procedures are for Physical Education class.

Student Name \_\_\_\_\_ Class Period: \_\_\_\_\_

\_\_\_\_\_  
**Student Signature** **Date**

\_\_\_\_\_  
**Parent/Guardian Signature** **Date**

**Parent/Guardian Contact Information**

**Phone #** \_\_\_\_\_

**Phone #** \_\_\_\_\_

**Email** \_\_\_\_\_

We would like to publicly acknowledge those students who excel in our units.  
Please check the box if you are okay with your child being recognized.

Comments/Medical Conditions or Concerns we should be aware of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_