

BHS Water Games

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4
SKILL (12/24):		APPLICATION 2 (4):			
APPLICATION 1 (4):		APPLICATION 3 (4):			
KNOWLEDGE (6)					
TOTAL (50):					

SKILL 1: Water Basketball

- **Shooting in water:** successfully placing ball through hoop while on inner tube
- **Inner tube travel:** Moving through water into position to receive basketball and score or play defense
- **Guarding opposing teammates tube:** Positioning between ball and player

SKILL 2: Water Kickball/Tee Ball

- **Safely enters water from deck:** feet first with knees bent
- **Base swimming:** Stays in baseline while avoiding tag from opposing team
- **Ball Placement:** places ball within water boundaries of pool area

SKILL 3: Team Work

- **Initiative:** Displays aptitude in starting action
- **Communication:** Exchange of thoughts, ideas or opinions either verbally or nonverbally
- **Cooperation:** a willingness to work with others to produce a common goal

SKILL 4: Swimming Skills

- **Swimming Forward:** Demonstrates front crawl, breaststroke or side stroke efficiently to move through water
- **Swimming Backwards:** Demonstrates back crawl, elementary backstroke or sculling to move efficiently to move through water.
- **Treading:** Able to stay a float in one spot in deep water

TOTAL SKILL: /12-24

APPLICATION 1:

- 4** Students apply effective skills (listed above) with few, if any, observable errors in technique. Students can consistently and effectively defend and use offensive skills in the presence of defensive pressure.
- 3** Students apply effective skills (listed above) with errors in technique. Students are inconsistent in defending and/or using offensive skills in the presence of defensive pressure.
- 2** Perform skills showing some elements or correct technique, but application is ineffective and inconsistent
- 1** Attempts skills but technique is not yet sufficient, resulting in consistently ineffective performance.

APPLICATION 2:

- 4** Consistently applies effective strategic play, maintains proper spacing and makes decisions to effectively adjust to game situations. Transition smoothly between offensive and defensive roles without hesitation.
- 3** Applies appropriate offensive and defensive strategies in relation to other players, but seems hesitant or indecisive when reacting to game situations.
- 2** Uses some offensive and defensive skills appropriately, but shows little evidence of effective contribution to team offense or defense. Needs reminders and assistance from others to become involved in team strategy.
- 1** Uses movements that are inconsistent with basic game strategy. Does not contribute to offense or defense.

APPLICATION 3:

- 4** Applies rules and terminology without hesitation or observable errors. Announces the score correct before restarting play after a goal or when asked
- 3** Applies major rules and terminology correctly, but makes minor errors and/or seeks confirmation from others. Announces the score correctly before starting play, after a goal or when asked.
- 2** Demonstrates a general understanding of the game but needs assistance from others to correctly apply rules, terminology and/or scoring.
- 1** Consistently demonstrates incorrect application of rules, terminology and/or scoring. Relies on direction from others to play correctly.

TOTAL APPLICATION: /12

WATER SAFETY REGULATIONS

1. Panic is the #1 cause of drowning.
2. **NO RUNNING** on the pool deck.
3. Only one person is allowed on the diving board at a time.
4. No "Dunking" other students at any time

Swim Strokes

Crawl – Used to swim at a faster pace for short distances.

Arm Stroke – Alternate arm pull and recovery. Place hand in water with arm extended past ear. Pull in toward stomach and out past hip. Recover with high elbows. Breath taken as opposite arm of breathing side is at full extension overhead.

Kick – Flutter kick. Heels break the surface of the water like "water boiling".

Backstrokes – Used as resting strokes.

Back crawl

Arm Stroke – Alternate arm push and recovery. Place hand in water with extended arm overhead. Pinky leads in water. Alternate arm by hip. Push water down side of body with bent elbow and finish push toward pool floor.

Kick – Flutter kick. Toes "boil" water at surface.

Elementary Backstroke

Arm Stroke – Hands move up sides of body, extend out at shoulders and push water toward toes.

Kick – Breaststroke kick, knees stay under water.

Glide – Body in prone position, arms by sides and legs extended at end of push and kick phase.

Breaststroke – Used as a resting stroke or to swim longer distances.

Arm Stroke – Begin in prone position, arms and legs extended. Pull both arms in a circular motion, (within the range of shoulders) in and up toward the chest, then straight out overhead. Breath taken at beginning of pull phase.

Kick – Breaststroke kick – Bend at knees, flex feet, make a circular motion with lower leg and feet. Push water to straighten legs, ending with pointed toes.

Glide – Body in prone position, arms and legs extended at end of pull and kick phase.

Team Building

Following is a list of some of the skills needed to build an effective team:

Communication – Exchange of thoughts, ideas, opinions verbally or non-verbally.

Cooperation – A willingness to work with others to produce a common goal.

Leadership – The capacity to lead to produce a result.

Followership – The willingness or capacity to follow a leader.

Goalsetting – Establishing realistic and measurable purpose.

Honesty – Free from fraud or deception.

Initiative – Making start or a beginning.

Participation – The state of being related to a larger whole.

Respect – To consider worthy of high regard.

Risk Taking – To take a chance.

Safety – Free from danger, injury or harm (physical or emotional)

