

Water Sports

Nicolet Wellness Department

Water Sports is a one-semester course that provides students with an engaging introduction to water sports including swimming, snorkeling, kayaking, aquatic games & activities including water polo, and introductory scuba diving. Students will develop aquatic skills, improve fitness, learn safety protocols, and foster a lifelong appreciation for water-based recreation and environmental stewardship.

WATER SPORTS GRADING	
Students will be graded in Water Sports in the following categories:	
<u>Personal & Social Responsibility Skills:</u> (See attached Link) <ul style="list-style-type: none">• Demonstrates social skills necessary to work effectively with others.• Displays positive attitudes and behaviors.• Attends all class periods on-time, is prepared with swim gear and willing to learn.	20%
<u>Water Sports Daily Grading Rubric:</u> (See attached Link) <ul style="list-style-type: none">• Actively engages in all activities, shows enthusiasm and gives full effort.• Demonstrates improvement and applies techniques learned during the day.• Shows respect, supports peers, and works well in group activities.	60%
Assessments: <ul style="list-style-type: none">• Demonstrate proficiency in basic swimming strokes and water survival skills• Understand and apply water safety principles, including rescue techniques• Participate confidently in water sports including snorkeling, paddleboarding, and kayaking• Understand basic principles of scuba diving and use of scuba equipment (non-certification introduction)• Show respect for aquatic environments and follow sustainable practices• Work cooperatively in team water games and activities	20%
Formative and summative assessments will be given to determine mastery level of skill-based movements, rules, and strategies of gameplay, and environmental concepts. There will be a final project semester project given each semester.	

WATER SPORTS OUTCOMES

Standard 1: The student will demonstrate competency in a variety of motor skills and movement patterns.

Standard 2: The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The student will demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Standard 4: The student will exhibit responsible personal and social behavior that respects self and others.

Standard 5: The student will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction

REQUIRED MATERIALS

- Swimsuit
- Towel
- Swim Goggles
- Hygiene products: shampoo, conditioner, deodorant, etc.

MEDICAL POLICY

1. A physician's statement may be required if an absence of **3 or more successive days** occurs. You are urged to obtain medical documentation with each doctor's visit.
2. A student with a valid medical excuse will participate in a class or skill that will accommodate the modifications of the medical. Appropriate activity will be arranged to meet the requirements of the medical instructions.
3. If the medical does not allow for alternate physical activity, the student will have to make up missed classes in order to fulfill the requirements of physical education.

CELL PHONE POLICY

Nicolet has a no cell phone policy. Students will be required to place their cell phones in their assigned locker in the locker room. It must stay in the locker for the duration of the class period. Students who violate the cell phone policy will be referred to administration as per student handbook.

ATTENDANCE POLICY

A student who is **TARDY** to PE class **WILL NOT BE ALLOWED** to change for that class period. Locker rooms will be locked **5 minutes** after the bell sounds. **NO ONE** is allowed into locker rooms during class period per administrative policy, no exceptions.

A student may participate after following school policy for arriving to class tardy. Tardies **WILL** impact the student's grade.

ABSENCES

1. Students are required to make up EXCUSED absences. Unexcused absences cannot be made up. The student has **THREE WEEKS** to make up an absence. Students will schedule an Enrichment Block with their teacher to make up the missed class period.
2. In Water Sports, a missed class period will need to be made up in the pool during enrichment.
 - a. You are only allowed **2x per semester** to complete missed class out of the pool and in the weight room during an enrichment block.

NON-PARTICIPATION DAY

When a student is not prepared for class enabling them to not participate in the daily activity

- 1st offense: Warning; noted in the grade book
- 2nd offense: Warning; notify parents and counselors
- 3rd offense: Notify parents and counselors; Dean referral

All other offenses after the 3rd will be administrative referral

Can make up two (2) non-participation days

Short-Term Virtual Learning Information

If Nicolet shifts to a virtual learning day because of weather or other short-term reason, we will continue our learning on Canvas. All the information that you will need for this class on a virtual learning day will be found in the announcement that will appear in our Canvas course. You must submit the work assigned for this day by 11:59 to verify your attendance, but we encourage you to begin your work early enough so that you can use the designated office hour time during the school day for any questions that you might have.

Artificial Intelligence Syllabus Statement

Learning is an active process that engages students in the development of new skills and knowledge, therefore students may use AI **only when they have been given permission by their teachers and use AI to support active learning**. This permission is given with the expectation that students will use Artificial Intelligence **effectively** and **responsibly** and that it will be used to **augment** learning and not replace it. Copying and pasting of Artificial Intelligence output and presenting it as original work is considered plagiarism and constitutes a violation of the Nicolet District Academic Integrity policy. Teachers who give permission for the use of AI may require citation or other documentation and may provide additional expectations of what approved use of AI looks like in their course.