

# School District U-46

## Aquatics 2023-2024

### Board of Education Presentation

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#### Presenter

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# Purpose

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## **Aquatics Physical Education Course**

- **Available to students in grades 9-12**
- **Introduction to swimming skills, aquatic fitness, and aquatic sports/activities.**
- **Standards based curriculum with assessments, rubrics, unit plans, resources and professional development.**

# Alignment to Strategic Plan

U46 STRATEGIC PLAN AUG 2022 Revised



## Student Success

It is our responsibility to ensure all students are engaged in rigorous learning, receive quality core instruction, and can develop the skills they need for better life chances and opportunities. By helping students develop self and peer agency, they will develop a growth mindset as they learn to expand their perspectives.

## Effective & Engaged Staff

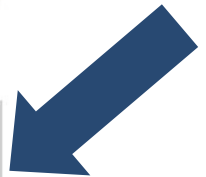
We will value, develop, recruit, and retain a forward-thinking, highly qualified, and diverse workforce. We will establish a robust process for measuring employee engagement to identify and proactively address employee engagement issues.

## Culture, Climate & Community

We will engage in meaningful and effective relationships with our students, families and the greater community and will ensure that our schools are welcoming and inviting places for all of our U-46 students and families. We will become a choice district that inspires families to join us.

## Excellence, Efficiency & Accountability

We will advocate for and utilize systems and resources that promote fiscal equity, operational excellence, efficiency and accountability. It is our moral imperative to change until all our systems measurably work for all students.



# Rationale

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- **Swimming is a life long, low impact cardiovascular activity**
- **Increase students safe access to water sports and activities**
- **Maximizes use of facilities during the school day**
  - Approximate cost to run swimming pools at all 5 high schools for 1 school year \$312,325.00 to \$422,325.00 per year
- **Increases student access to Lifeguard Certification and Leadership PE Course**
  - 6 sections of Lifeguard Certification and Leadership district wide 2022-2023
  - 5 sections of Lifeguard Certification and Leadership district wide 2023-2024

# Process

## **Feedback from Lifeguard Certification and Leadership Teachers**

- Students are missing basic swim skills

## **Feedback from Counselors**

- Students are unable to meet basic swim skill requirement for Lifeguard course

## **Lifeguard Certification and Leadership Teachers develop course outline**

- Ellis Swim Instructor Certification (Lifeguard Teachers Knowledge and Skills)
- Adult Learn to Swim Lesson Guide

## **Lifeguard Certification Teachers developed course for students in grades 9-12**

- Unit plans
- Rubrics
- Assessments
- Resources

# Proposal Recommendation

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**Adoption of the following Aquatics curriculum frameworks for student access as a PE course for 2024-2025 school year:**

- Aquatic Skills/Games/Fitness
- Aquatic Fitness
- Aquatic Safety

# Recommended Resources

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## **Teacher Resources:**

- Water Fitness Lesson Plans and Choreography
- 101 Swimming Lesson Plans for Teachers
- PLT4M Online License Teacher Resource  
-Videos/Lessons

# Recommended Supplementary Materials

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## Equipment to Support Instruction:

- **General Equipment/Swim Skills:** Life Vests, Storage Benches, Goggles, Swim Caps, Kickboards. Fins, Kickboard Storage
- **Fitness:** Water Belt, Water Weights
- **Sport/Activities:** Aquatics Consumables, Hula Hoops, Water Polo Goals, Basketball Hoops

# Recommendations for Implementation

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- Spring/Summer 2023: 3 Day Training for 2 Teachers per site- Ellis Lifeguard Instructor Certification
- Spring/Summer 2023: 1 day Teacher Training to review curriculum, resources, and provide unit planning collaboration time for teachers.
- Spring/Summer 2023: 1 day Aquatics Fitness Instruction PD

# Cost

Item	# of Years of Access	Quantity	Unit Cost	Total Cost
<b>Teacher Text</b> Water Fitness Lesson Plans and Choreography & 101 Swimming Lesson Plans for Teachers	<b>Hard Copies</b>	<b>10</b>	<b>\$50.00</b> <b>\$35.00</b>	<b>\$850.00</b>
<b>PLT4M Teacher Online Resource and Professional Development 5 years</b>	<b>5 years</b>	<b>5 sites all teachers</b>	<b>\$4,500</b>	<b>\$4,500.00</b>
<b>Supplementary Materials</b> Equipment for Instruction	<b>N/A</b>	<b>varied</b>	<b>varied</b>	<b>\$55,463.48</b>
<b>Professional Development</b> (Lifeguard Certification, Curriculum Overview, Aquatic Fitness Instruction PD)	<b>2 Year Ellis Lifeguard Instructor Certification (will need a 3 day training renewal every 2 years \$9,900)</b>	<b>10 teachers</b>	<b>\$600</b> Ellis Lifeguard Instructor Certification <b>\$130</b> Sub Pay for PD per teacher (5 days) <b>\$2,000</b> Aquatic Fitness Instruction	<b>\$14,500.00</b>
<b>TOTAL</b>				<b>\$75,313.48</b>

# Cost

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Estimated Cost to Start this course: \$75,313.48

Estimated Per-Pupil Initial Course Cost: \$313.80

- 2 Sections of 24 students per high school to start (240 students)

# Plans for the Evaluation of Change

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- Enrollment data analysis to determine interest in Aquatics course
- Student feedback to determine if an Aquatics 2 course should be developed
- Enrollment data analysis to determine impact on Lifeguard Certification and Leadership enrollment
- Teacher survey requesting feedback on success and challenges they are experiences with the curriculum content and resources.

