

LESSON 13: AQUA JOGGING

Grade-Level Outcomes

Primary Outcome

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Embedded Outcome

Fitness knowledge: Relates physiological responses to individual levels of fitness and nutritional balance. (S3.H8.L1)

Lesson Objectives

The learner will:

- increase conditioning with lap swimming.
- demonstrate basic aqua jogging skills.

Equipment and Materials

- Kickboards*
- Life jackets or flotation belts*
- Foot floats (optional)*

*Make flotation devices available for students to use in all practice tasks.

Introduction

Today, you will continue working on conditioning, and I'll be introducing aqua jogging. Aqua jogging is a great workout and is sometimes used by athletes to keep in shape when they are injured. Before we start the aqua jogging, you'll complete a timed 100-yard swim to gauge your progress so far. I'd like you all to write down your goals for the swim, and then we'll begin the warm-up.

Instructional Task: Warm-Up

■ PRACTICE TASK

Have students walk back and forth across the width of the pool, starting slowly and building up speed.

Student Choices/Differentiation

Students move at their own pace.

What to Look For

Students are out of breath.

Instructional Task: Timed 100

■ PRACTICE TASK

Students swim 100 yards or meters of freestyle.

Guiding questions for students:

- How does your time compare with your time at the beginning of the module?
- Did you achieve your goal?
- What do you think you need to continue to improve?

Student Choices/Differentiation

- Students can swim 25 or 50 yards or meters if they cannot complete 100.
- Students who swam only 25 yards or meters the first time may choose to swim farther or faster the next time.

What to Look For

Students are showing signs of improved conditioning, such as ability to swim longer or faster.

Instructional Task: Aqua Jogging

■ **PRACTICE TASK**

Lead students in an aqua jogging workout, in both shallow and deep water if students are comfortable.

Shallow water skill options: Simulate running through tires, lunges, karaoke, high knees.

Deep water skill options: Take small steps, longer strides. Jogging belts or life jackets are recommended in the deep end.

Students measure heart rate or RPE.

Student Choices/Differentiation

- Students can perform skills in the shallow end or the deep end.
- Students may choose jogging belts or life jackets in the deep end.
- Students move at their own speed.

What to Look For

- Students' respiration rates are increasing.
- Students' faces are becoming flushed.

Instructional Task: Conditioning Workout

■ **PRACTICE TASK**

Students swim the following:

- 4 × 50 yards or meters of freestyle
- 1st 50, kick only
- 2nd 50, pull only
- 3rd 50, kick only
- 4th 50, pull only
- 4 × 25 yards or meters of freestyle sprint, with 30 seconds' rest in between
- 100 yards or meters of sidestroke or elementary backstroke
- 4 × 50 yards or meters of breaststroke, with 20 seconds' rest in between

Students measure heart rate or RPE.

EMBEDDED OUTCOME: S3.H8.L1 After the workout, question students about their heart rates, respiration, and level of effort during the workout. Discuss how fitness level and nutrition (energy intake) influence the physiological response.

Student Choices/Differentiation

- Students may adjust the number of repetitions at each distance or the distances per rep.
- Students may alter the rest interval if needed.

What to Look For

- Students are showing signs of improved conditioning.
 - Students are maintaining form throughout the intervals.
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Formal and Informal Assessments

Comparison against 100-yard time from earlier in the module

Closure

- You've probably noticed that we use a variety of strokes when doing our workouts.
- Swimming relies heavily on the chest muscles, so it's important to include backstroke or other back workouts to keep in balance.
- How did aqua jogging compare with lap swimming in terms of your effort?

Reflection

- Were students working hard during aqua jogging?
- Review 100-yard times for level of improvement.
- Use data to plan future workouts.

Homework

- Considering your 100-yard time today, set a goal for time for the end of the module.
- Write down your goal and bring it to our next class to place in your fitness portfolio.
- Practice the water aerobics exercise that you will lead in front of someone else.

Resources

Internet keyword search: "aqua jogging," "water fitness exercises"