

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Homeschool Swim and Fitness

GRADE OR AGE LEVELS: 5+

START DATE: week of September 7, 2025 **END DATE:**

WEEKS TOTAL: 14

DAY/TIME REQUIRED: Niles YMCA (Thursdays 1p-245pm),

St Joe YMCA (Tuesdays 1-245pm)

HOURS (REQUIRED): 16

HOURS (POSSIBLE): 28

LOCATIONS/ADDRESSES:

YMCA

Niles – Buchanan: 905 Front St. Niles, MI 49120

YMCA

Benton Harbor-St. Joseph: 3665 Hollywood Rd., St. Joseph, MI 49085

DIRECTIONS TO LOCATION (if needed): Upon request.

MAIN INSTRUCTOR: Natalie Delgado, Sherri Critzer, Andre Gresham, Vanya Ruppert

CONTACT INFORMATION: Allison Kiggins **Phone:** 269.683.1552

Email: akiggins@ymcagm.org

Website: YMCA.org

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES NO

IF YES, INSTRUCTIONS FOR REGISTRATION: Please be sure to register online with the Berrien Springs Partnership and be mindful of your YMCA branch locations. You will be contacted by the YMCA, via e-mail or telephone, regarding course specifics. *For late registrations (outside registrations dates), or changes, please contact the partnership as well as the YMCA.

MAIN INSTRUCTOR QUALIFICATIONS: American Red Cross certified swim instructors.

COURSE DESCRIPTION (complete overview shown on website):

Homeschool children ages 5-12 will engage in gym activities that will help build self-confidence, gain team building strategies, and socialization while having fun in a safe environment. Children will learn the fundamentals of fitness and swimming by participating in numerous activities that focus on physical fitness, team building, conditioning and learning to swim or working on stroke development and technique. We encourage each child to adopt a healthy lifestyle, which includes swimming and physical fitness. ****Parents cannot stay in class with the student, it is drop off only. They are welcome to attend 'Watch Me Swim' days as offered, and they can stay in the lobby to observe the lessons, but they can't be in the gym or pool area.

S3.2.K,1,2,3,4,5

S4.2.K,1,2,3, 5b

S4.1.K,1,2,3,4,5,6

S4.5.K,1,2,3,4,5

S4.6.K,1,2,3,4,5

SYLLABUS/OUTLINE: -

Week 1	Introduction to Homeschool PE. Pre survey, class rules, getting to know you games in the gym. Swimmer evaluation in pool.
Week 2	Go, Slow, Whoa introduction. Skills development in gym; ball handling, dribbling, throwing. Swimmers begin water safety skills.
Week 3	Fruits lesson. Students will work on using skills in a game environment, focus on teamwork. Swimmers continue water skills.
Week 4	Vegetable lesson. Students will learn about the benefits of heart pumping activity through fast moving games. Swimmers continue with water skills.
Week 5	Grains lesson. Students will play team building games in the gym. Swimmers continue with water skills and stroke development.
Week 6	Protein lesson. Students will learn about the muscle groups and how to engage the different muscles through exercise. Swimmers continue to build on water skills.
Week 7	Healthy beverage lesson. Students will learn coordination and balance through a variety of games. Swimmers continue to increase confidence in water.
Week 8	My Plate portion size lesson. Students will put all of the learned skills together, team work, coordination, ball handling and cardio to play fast moving sport games. Swimmers continue to build upon skills in water.
Week 9	Lesson about how to read a food label. Students will play a variety of non-competitive, fast moving games. Swimmers will
Week 10	Students will receive information on final project. In the gym, students will each get to choose a favorite game to play. Swimmers continue building skills
Week 11	Screen Time Limits lesson. Students will work on skills in stations in the gym. Swimmers will continue building skills and water confidence.
Week 12	No class. Thanksgiving Break.
Week 13	Lesson on Mindfulness. Students will learn the benefits of stretching and Yoga in gym. Swimmers will continue building skills and water confidence.
Week 14	Healthy Sleep Habits Lesson. In the gym, students will do obstacle courses and relay races. Swimmers will continue building skills and water confidence.
Week 15	Review of food groups and food choices. Student will play team building games in the gym. Swimmers will continue building skills and water confidence.
Week 16	Final Class. Post Survey and analysis. Project due. Dance party in the gym. Swimmers will complete swimming course.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

Class-specific assessment: Project topics will be discussed and chosen during the first few weeks of class.

Final Project Approximate Timeline:

Weeks 1-3 Driving question

Weeks 4-5 – Project ideas approved

Weeks 1-14- Gather information/ research

Weeks 14-15– Final projects due

Weeks 15-16– Project showcase

ADDITIONAL RESOURCES: (online, books, video, etc.):

None

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Attendance will be recorded each day. If the student is going to be absent, we request prior notification.

Behavior: “Positive anything is better than negative nothing.” Elbert Hubbard

Other: Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.

The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.