**SHAPE-** Swimming and swimming safety is not required within the Shape Standards. This unit is for those who need to meet state specific standards or want to teach additional content.

CASEL- Self-Awareness- Self-Confidence

Student Name	Demonstrates correct technique for front crawl without using a kickboard.	Demonstrates correct technique for breathing during front crawl.	Understands that the front crawl is the most efficient stroke when swimming long distances.	Notes/Observations/ Next Steps