

Swimming

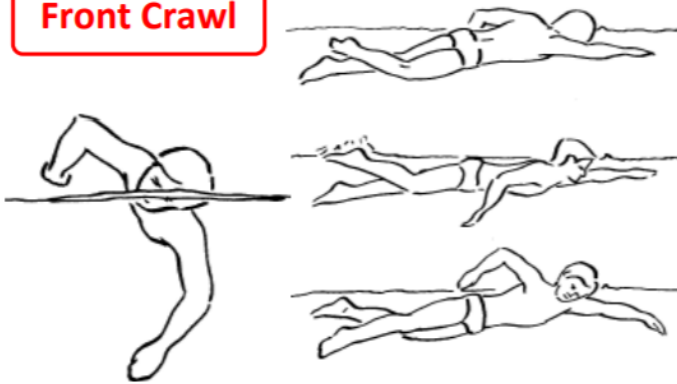
Water Familiarisation



Key words

paddle	water	dive
depth	surface	sink
float	stroke	pull
front crawl	back stroke	breast stroke

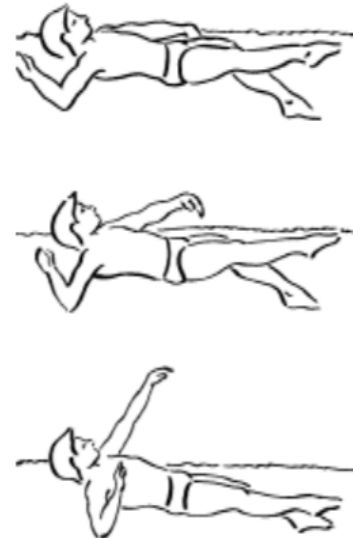
Front Crawl



Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

Back Stroke



Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.

Breast Stroke

Teaching Points

- Arms enter the water with hands together.
- Pull both arms at the same time towards your body.
- Bring legs towards body pressing your heels together.
- Maintain a steady rhythm

