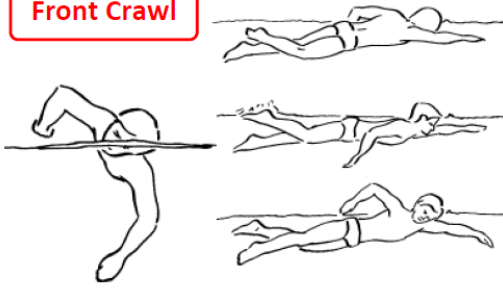


Key Moves

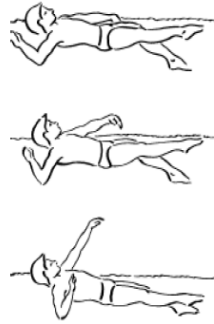
Front Crawl



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



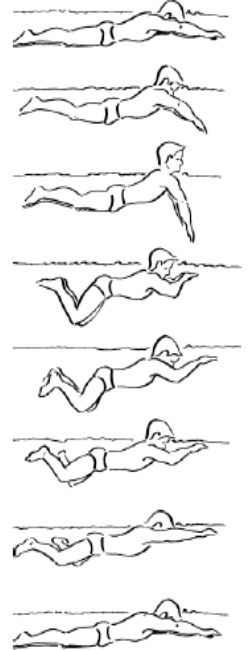
Teaching Points

- 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



Floating



Teaching Points

- Relax in the water.
- Try to point your belly button to the ceiling.
- Use arms to gently steady your body in the water.

Treading Water



Teaching Points

- Relax in the water.
- Keep your body in an upright position.
- Kick consistently using small motions under the water.
- Use your arms to 'scull' in the water – This will help floating.

Key Vocabulary

Confidence

To feel comfortable in and around water.

Pull

The action of moving your arm and hand through the water from the front of the body towards the hips to propel yourself forwards.

Stroke

A method of moving the arms and legs to push against the water and propel the swimmer forwards.

Paddle

A simple swimming stroke in which the body is kept nearly upright

Dive

Jumping in to water, especially with your hand and arms going in first