

# SUBJECT: PE

## UNIT: Year 7 Swimming



### Types of Swimming strokes

**Front crawl-** Face in, bilateral breathing, flutter kick, over arm recovery



**Backcrawl-** - Head back, long legs, over arm recovery



**Breaststroke-** Arms pull around and forward, legs kick out and around, breathing to the front



**Butterfly-** - Dolphin kick, undulating action from head, arms working simultaneously, breathing to front after every arm pull



Strokes are broken down into –  
B- Body Position  
L- Leg Kick  
A- Arm Action  
B- Breathing  
T- Timing

### Swimming skills

**Floating** - supine & prone

**Push & Gliding** - front & back arms extended

**Sculling** - head first & feet first

**Surface dives** - head first & feet first

**Treading Water** - arms sculling, breaststroke legs

**Straddle Jump-** The purpose of a straddle jump is to not get your head wet

**Keywords -**

Supine

Prone

Alternate

Simultaneous

