

SUBJECT: PE

UNIT: Year 7 Swimming

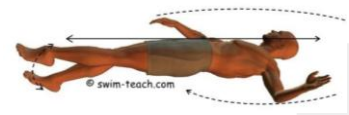


Types of Swimming strokes

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