

Body Position

- Keep head still
- Keep your shoulders level
- Keep hips slightly lower than your shoulders
- Keep your hips level

Leg Action

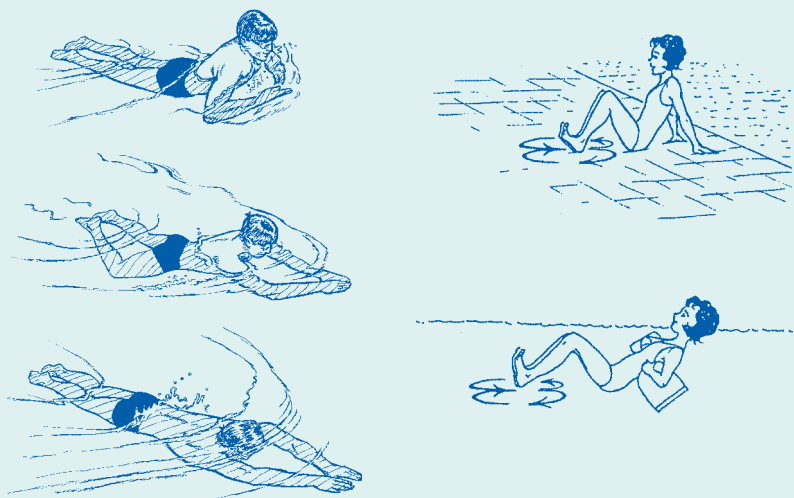
- Kick both legs at same time
- Kick heels towards buttocks
- Knees close together under water surface
- Kick like a frog
- Make sure your feet meet at end of kick as your legs are fully stretched
- Turn feet out sideways
- Kick back and around powerfully
- Make a D shape with both legs "D"

Arm Action

- Move your arms at same time
- Insweep, outswEEP, recovery (see diagram)
- Draw an upside down shape with the arm action

Breathing Action

- Breathe in as you are finished pulling and out as you stretch forward
- Pull arms, then breathe, kick and finally stretch



Body position

- Standing static slowly submerge face to brow level
- Holding rail extend arms and legs, face to brow level
- Floating face to brow level lift chin forward (breathing practice)

Leg action

- On the side of the pool
- On the back using 2 floats
- At the rail elbows pressed against wall
- Using two floats knuckles together chin in water
- Legs only, no float, on your back/ on your front
- Count kicks using board over specified distance try to reduce number of kicks

Arm action

- Practice standing submerged at shoulder depth, copy teacher demonstrating
- Walk and use arm action
- Bunny hop & 2 arm actions (any leg kick)
- Use of arms with float between legs (use to learn breathing also)

Breathing action

- Standing exhale into water
- Push chin forward to inhale
- Arm action & breathing
- Push glide, pull breath & stand, repeat then don't stand
- Push, glide, pull, breathe kick & glide
- Build up a number of repetitions

Co-ordination practices

- Arms and legs action hold breath try to do up to 5 strokes
- Arms and breathing float between legs - to get timing & breathing
- Leg action and holding float breathing
- "Arms out", "legs in", breathe in
- Arms in legs out breathe out.
- Two kicks, one pull. Focus on glide.