

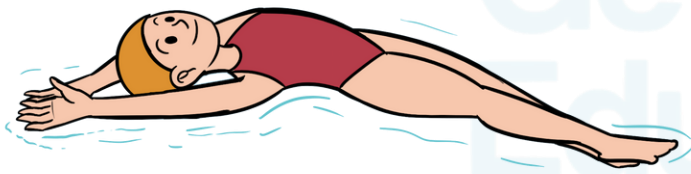


Key Skills: Physical

- ◆ Rotation
- ◆ Sculling
- ◆ Treading water
- ◆ Gliding
- ◆ Front crawl
- ◆ Backstroke
- ◆ Breaststroke
- ◆ Surface dives
- ◆ Floating
- ◆ Huddle and H.E.L.P. position

Key Skills: S.E.T

- ◆ Social: Communication
- ◆ Social: Supporting and encouraging others
- ◆ Emotional: Determination
- ◆ Thinking: Creating
- ◆ Thinking: Decision making
- ◆ Thinking: Using tactics



Key Vocabulary:

- | | | |
|------------------------|-----------------------|---------------------|
| ● <i>personal best</i> | ● <i>flutter kick</i> | ● <i>exhale</i> |
| ● <i>somersault</i> | ● <i>surface</i> | ● <i>inhale</i> |
| ● <i>endurance</i> | ● <i>propel</i> | ● <i>continuous</i> |
| ● <i>streamline</i> | ● <i>synchronised</i> | ● <i>retrieve</i> |

Glossary

Dolphin kick: A dolphin kick is usually used for the butterfly stroke. Created by whipping motion with the legs.

Body roll: When a swimmer rotates their body from side to side.

Glide: When a swimmer coasts with a pause in their stroke.

Stroke: A style of swimming. There are four competitive strokes: butterfly, backstroke, breaststroke, freestyle.

Flutter kick: A kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down with a slight bend in the knee on the upward movement.

Sculling: Using quick movements of the hands to keep the head above the water. Sculling can be done head first or feet first.

Treading water: A survival technique used to keep the head above the water.