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Ideas

A7 Backstroke

A B C D E F G H I J K L M N O P Q

1 SCHOOL LOGO

2 Swimming

3 Once students are swimming 10 metres stroke analysis should start to take place to help students be as competent as possible by the time of assessment. The information below gives basic elements to look for when assessing how strong a swimmer is. These teaching points should be used when trying to get students to swim further distances in the lead up to assessment.

4 Assessment OUTCOMES

WTB: Developing	ME: Secure	EE: Mastery
Pre		

Front Crawl

- Streamline body position.
- Long extended legs passing close by each other.
- Knees should not bend too much so feet stay in water to create stronger more efficient leg kick.
- Feet not to come out of water during kick.
- Feet should make a very small splash on surface of water.
- Toes pointed (plantar flexed).

EXAMPLE 1A 1B 2A 2B 3A 3B 4A 4B 5A 5B 6A 6B Swimming

**For access to all lesson plans please contact Wilson Frimpong
(wilson@lpessn.org.uk)**

Lesson activities can also be found on our YouTube channel

