A7 | Backstroke

Swimming

THE PE AND SCHOOL
SPORTS NETWORK

SCHOOL LOGO

Swimming

Once students are swimming 10 metres stroke analysis should start to take place to help srudents be as competent as possible by the time of assessment. The information below gives basic elements to look for when asessing 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.

Assessment OUTCOMES			WTA: Emerging	WTB: Developing	ME: Secure	EE: Mastery

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).
Kick initiates from the hips passing through soft
		Pre				

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