



HOW TO SWIM

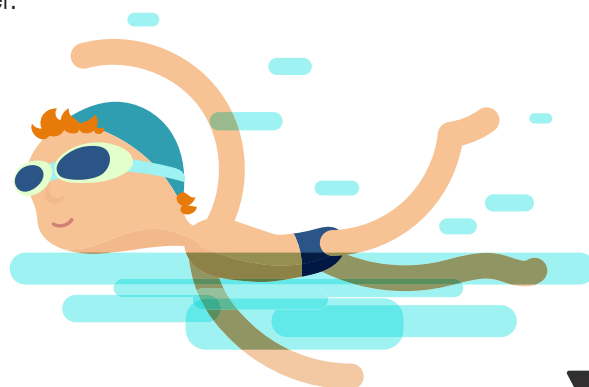
A Freestyle Recipe

INGREDIENTS

- Kicking
- Head position
- Body position
- Streamline
- Freestyle arms
- Side breathing
- Balance

INSTRUCTIONS

1. Freestyle is often the first of the four main strokes taught in Australian swim schools
2. Before we begin learning freestyle, we need to have a strong kick and we need to master our streamlines, which promote good head and body positions.
3. Add some freestyle kick – it should be continuous and consistent. Kicking should begin at the thighs and continue all the way down to our feet. While we don't want our kicking to be rigid and stiff, we should aim to kick with straight, long legs (ensuring slight bends at the knees and ankles).
4. Sprinkle in a streamlined body position – you should have your head positioned down (with our eyes looking directly underneath us – straight down). With our arms and legs extended, our head lowered and our body flat, we should be moving through the water with the least amount of resistance (swimming as efficiently as possible).
5. Mix in some freestyle arms. Building upon the underwater pull we practiced while learning dog paddle, our hands and fingers should be reaching for the bottom of the pool, with our thumb finishing at our thighs. Then our hand comes out of the water (known as the recovery) and reaches back out front, completing the “circle”.
6. Add some side breathing - Once we are able to move our arms properly through the water while maintaining a strong kick and solid body position, we can begin working on our side breathing. Most children will often find this the most difficult part of learning freestyle. The important thing to remember is that our head needs to rotate to the side, without our head lifting. By encouraging good rotation, we can maintain that streamlined position throughout the water.
7. Add a dash of balance – it is a key aspect of any stroke, and therefore, you should always breathe to both sides when swimming freestyle.
8. Mix it all together and you have the basics of freestyle. Great job!
9. Bon Appetit!



QUESTIONS

1. Name three ingredients needed to learn freestyle.

2. What part of the legs should we use first when we begin our freestyle kick?

3. What tends to be the most difficult part of learning freestyle?

4. Should you breathe to one or two sides when practicing freestyle?

WORD JUMBLE

1. eialtenrms _____

2. kcinigk _____

3. cebnaal _____

4. sirseetnca _____

5. aeenrurwtd _____

6. yeerrcvo _____

PICTURE TIME

Draw a picture of you and your friends practicing freestyle