



HOW TO SWIM

A Breaststroke Recipe

INGREDIENTS

- Breaststroke Pull
- Breathe
- Breaststroke Kick
- Glide
- Timing
- Asymmetry

INSTRUCTIONS

1. Now that we have mastered freestyle and backstroke, let's begin to look at how we do breaststroke. Breaststroke kick is asymmetrical – which means both sides of our body look exactly the same when we practice our stroke. There is plenty to learn, so let's ensure we add our ingredients one at a time.
2. Add a dollop of breaststroke kick – this kick is very different to kick we have learned before. Instead of small fast kicking, we want to see slow, powerful kicks.
 - o Bring your heels back
 - o Turn your toes out
 - o Whip your legs behind you and squeeze them together!
3. Sprinkle in that glide! Breaststroke kick works best when we pause ever so slightly after our kick and glide through the water
4. Add some pull – let's leave our kick to the side and work on our arms.
 - o Your arms start begin in front of you, with your hands together
 - o Turn your palms out and pull the water towards you.
 - o Bring your hands back together under your chest, speeding them up as you do
 - o Shoot your hands forward, just below the surface of the water.
 - o Remember that glide!
5. Lift that upper body – because that is how we breath. Add your breathing into your breaststroke pull – just as you start that pull, you lift your upper body out of the water to get that breath. Lower yourself back into the water as those arms shoot forward.
6. Sound pretty confusing? That's because there are a lot of new ingredients! Timing will make things easier...
7. Garnish with some timing
– Pull, breathe, kick, glide!
8. Blend them all together, and mix them all around there you have Breaststroke.
9. Bon Appetit!



QUESTIONS

1. Name three ingredients needed to learn breaststroke.

2. Name two words used to describe breaststroke kick.

3. Name the correct order of breaststroke timing.

4. What word, beginning with W, best describes breaststroke kick?

WORD JUMBLE

1. degil _____

2. whpi _____

3. zqeseeu _____

4. aebsttkroesr _____

5. earsymtym _____

PICTURE TIME

Draw a picture of you and your friends practicing breaststroke