



HOW TO SWIM

A Butterfly Recipe

INGREDIENTS

- Dolphin Kick
- Flippers
- Breathe
- Butterfly Arms
- Rhythm
- Timing
- Momentum

INSTRUCTIONS

1. Butterfly is usually the last stroke we learn at swim lessons. It is also an asymmetrical stroke (just like Breaststroke). Remember, this means both sides of our body look the same when completing Butterfly.
2. Drizzle in some dolphin kick – for dolphin kick, our kicking comes from the hips! If we drive our hips up and down in the water, our legs should follow.
3. Mix with some long, loose legs – this is equally important. The kick with the feet at the end is just as essential as the kick from the hips at the beginning.
4. Add a dash of flippers – this makes dolphin kick much easier. In fact, since butterfly is largely about rhythm and timing, it would be a good idea to learn with flippers at the beginning – worry about building that strength a little later down the track
5. Throw in some Butterfly arms – Both arms are moving at the same time.
For butterfly remember Y-I-U:
 - o Begin with your arms out in front in a Y formation
 - o Pull them towards you and underneath your body, forming an “I” shape with your hands
 - o Swoop your hands out of the water and extend them out in front, creating a separate “U” shape with each arm
6. Add a dollop of breathing – like breaststroke, we lift our upper body out of the water to breathe (as our arms are underneath the water) and then lower it back under the surface (when our arms are recovering out of the water).
7. Mix in some timing – Butterfly is all about timing. We want two kicks to every one stroke. This first kick occurs when our arms are coming out of the water and our second kick occurs when our arms are entering the water – a kick on entry and a kick on exit.
8. Finish off with a dash of momentum – butterfly is tricky. The slower you go, the harder it is. In order to build momentum, try breathing every second stroke.
9. Mix it all together and there you have it – some very impressive Butterfly!
10. Bon Appetit!



QUESTIONS

1. Name three ingredients needed to learn butterfly.

2. What is another name for butterfly kick?

3. How many kicks should per stroke should you aim to complete during butterfly.

4. Is it easier to swim slower or swim faster when practicing butterfly?

5. What three letters should the underwater motion of your butterfly arms look like?

WORD JUMBLE

1. lhpndio _____

2. emmntoum _____

3. eqseuez _____

4. mgntii _____

5. rfylteutb _____

PICTURE TIME

**Draw a picture of you and your friends
practicing butterfly**