

## Home recording sheet

### Crocodile swim

Date	Time spent	Comments

#### Summary of goals

**Tick the box when these goals for crocodile swim are achieved**

<b>Goal 1</b>	Change sides slowly and smoothly, with head, arms and legs moving together, so all parts start and finish at the same time – basic pattern.	<input type="checkbox"/>
<b>Goal 2</b>	Change sides slowly and smoothly, with head, arms and legs moving together, so all parts start and finish at the same time – opposite pattern.	<input type="checkbox"/>
<b>Goal 3</b>	Change sides slowly and smoothly, altering the pattern from same to not same, on command	<input type="checkbox"/>
<b>Goal 4</b>	Change sides smoothly, so head, arms and legs start and finish together in the number of beats required.	<input type="checkbox"/>