

Swimming Challenge Cards

Teacher notes

These cards have multiple uses.

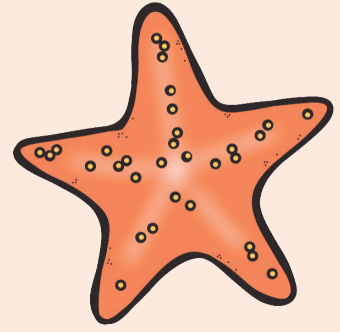
At the pool, cards can be held up to give children an instruction - why not challenge children to swim a width in each stroke or show the correct kick actions?

Alternatively, the cards have uses in the classroom:

- Read out a card - can children describe the correct technique to their partners?
Can children demonstrate the correct arm technique in the air?
- Children could discuss each card and order them by how confident they feel about each.
- Or children can create a display, poster or leaflet using the information on the cards.

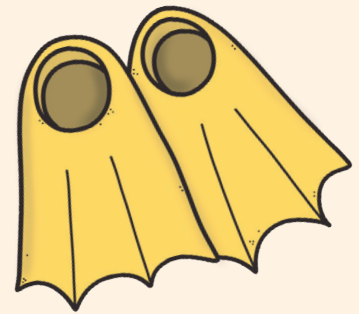
starfish float

On either your front or back, float on top of the water in a star shape with your arms and legs wide apart.



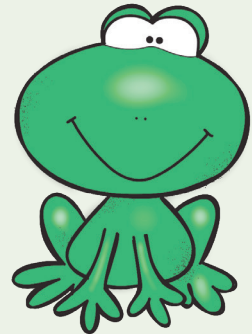
flutter kick

A kick where you alternate moving your legs up and down. Ankles should be relaxed and toes pointed.



frog kick

A kick where you extend your legs, then bend your knees and draw your heels up towards your bottom. Then kick your legs back and outwards, drawing them together again when they are fully extended.

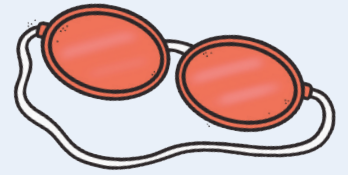


front crawl

Body: Flat in the water, on your front, with face down.
Arms: One arm extends while the other pulls through the water. Lead with your elbow when raising your arm out of the water.
Legs: Flutter kick your legs.
Breathing: Rotate your head to breathe on the side.

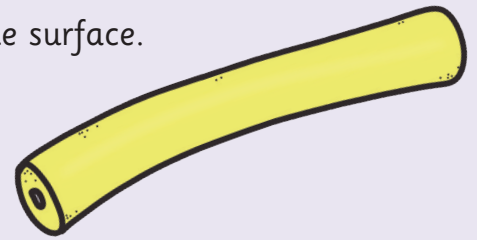


breaststroke



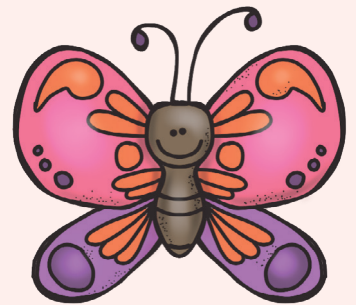
- Body:** Flat in the water, on your front, with face down.
- Arms:** Glide and extend arms. Pull arms to the side – when elbows are level with your shoulders, bring them to your chest and extend out once more.
- Legs:** Frog kick your legs.
- Breathing:** Breathe every time you pull your arms.

backstroke



- Body:** Flat in the water, on your back. Hips close to the surface.
- Arms:** Rotate your arms in a big, circular motion. Your little finger enters the water first.
- Legs:** Flutter kick your legs.
- Breathing:** Breathe regularly.

butterfly



- Body:** Flat in the water, on your front, with face down.
- Arms:** Push arms down and back, then swing them forward in a sweeping action.
- Legs:** Kick like a dolphin, with legs together.
- Breathing:** Breathe just before you swing your arms forward.