

<b>Name:</b> Lito J. Libradilla	<b>Yr. &amp; Sec.:</b> Grade 12 – STEM Asclepius
<b>Subject Code:</b> CORE15	<b>Subject Title:</b> Physical Education and Health
<b>Module No:</b> 2	<b>Topic:</b> Recreational Swimming, Basic Skills, and Swimming Strokes

#### IV. WE'RE ON OUR WAY

##### QUIZ 2.1 TRUE OR FALSE

Direction: Write "T" if the statement is True and "F" if it is False.

T 1. Competitive swimming is an activity which involves swimming as its primary mechanism in competing which can either be individual or team based.

T 2. Breath control begins with intense exercises such as drawing a breath, submerging, blowing bubbles and then resurfacing for another breath.

F 3. The breaststroke is done on the chest, with both arms in the water while the body is pulled forward.

T 4. Kicking is also used in treading water, which is the process of remaining in one place while keeping your head above the water line.

T 5. The most basic and essential swimming skill is simply becoming comfortable in the water.

##### QUIZ 2.2 IDENTIFICATION

Direction: Identify what is being described in each item.

Strokes \_\_\_\_\_ 1. These are the arm movements used to pull the body through the water.

Floating \_\_\_\_\_ 2. It is keeping your body in a horizontal position in the water and it is considered as a basic water skill.

Freestyle \_\_\_\_\_ 3. This stroke is typically used for speed, as it allows for a streamlined movement that helps the body glide through the water.

Kicking \_\_\_\_\_ 4. It is also used in treading water, which is the process of remaining in one place while keeping your head above the water line.

Breath Control \_\_\_\_\_ 5. Each \_\_\_\_\_ uses different body positioning, breathing techniques and arm movements.