DEMAKILING, AARON JOHN

1 – ALFA

**PE QUIZ #1**

**1.** A kick used for Breaststroke

- Frog kick

**2.** The smooth movement of the body on the surface and or under the water

- Gliding

**3.** The year when 2nd dual meet was held

- 1912

**4.** The propelling of self on the water by the use of arms and legs

- Swimming

**5.** The other name of Freestyle

- Front crawl

**6.** The year when Philippines won against China and Japan

- 1913

**7.** The group of people that used swimming skills as war tactics

- Assyrian warriors

**8.** The standard long course of an Olympic pool

- 50 meters

**9.** It is a floating device used for leg actions/ drills

- Kickboard

**10.** It is a dark contrasting color placed on the floor of the pool in the center lane

- Lane markers

**11.** A device that prevents water from entering the ears when swimming

- Ear plug

**12.** The number of sides of the platform should lane numbers be placed

- 4

**13.** It refers to the floor of the pool

- Lane marker

**14.** A rope that divides/ separates the lane

- Lane ropes

**15.** A floating device used to practice arm action/drills

- Pull buoy

**16.** It minimizes water resistance created by hair of the head

- Headcap

**17.** It is used for extra leg strengthening work

- Fins/ Flippers

**18.** It is used for extra arm strengthening work

- Paddles

**19.** An undulated motion of the legs used in butterfly

- Dolphin kick

**20.** A swimming position where the swimmer lies on his/her front

- Prone

**21.** It is a leg action where feet are alternately moving up and down

- Flutter kick

**22.** To float with hips and knees flexed and with hands holding the shinbones

- Tuck/ turtle Float

**23.** Goggles

**24.** Jellyfish float

**25.** Nose clip

**26.** Prone

**27.** Freestyle

**28.** Backstroke

**29.** Bobbing

**30.** Swimwear

**31.** For Self- preservation

**32.** For Physical fitness

**33.** For Recreation

**34.** For Sports activities

**35.** Survival

**36.** Search for food

**37.** Improve health

**38.** Never swim alone regardless of ability

**39.** Do not overestimate your ability

**40.** Learn to swim well from a competent instructor