



Backstroke

Worksheet



Question	Answer
1. In backstroke the arms move XXX	
2. Your eyes should look XXX	
3. Your head should be kept XXX	
4. Your toes should be kept XXX	
5. Your hands enter the water XXX	
6. Your hand pushes the water XXX	
7. Your body should be flat and XXX	
8. Your legs kick XXX	

Answers to choose from:

One at a time	up and down	pointed	towards the feet
little finger first	still	streamlined	upwards and backwards

