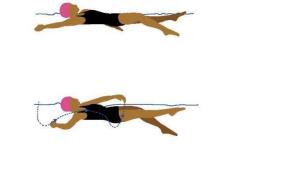


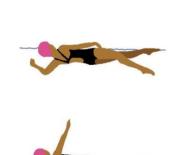


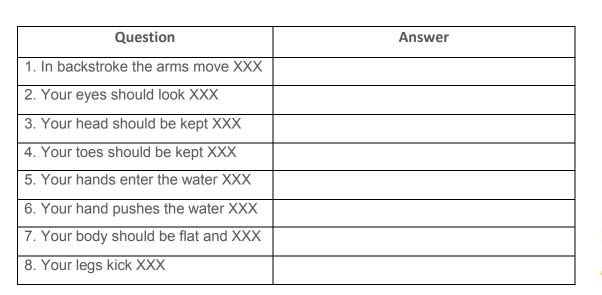
Backstroke

Worksheet









Answers to choose from:

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

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