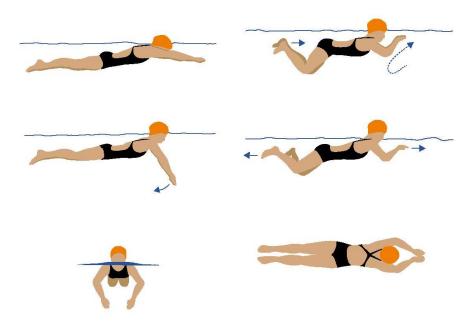




## Breaststroke

## Worksheet



Question	Answer
When swimming breaststroke the timing should pull XXX and kick XXX	
2. The arms pull back as far as the XXX	
3. The knees should be kept XXX together	
4. The legs kick XXX and XXX	
5. The leg kick is like a XXX	
6. When kicking, the feet are turned XXX	
7. When the kick is finished, the body should be XXX	
8. Both arms pull XXX	

## Answers to choose from:

A WIGHT OF CO CHOOSE IT CHIL.					
at the same time	shoulders	frog	breathe	out	
outwards	glide	streamlined	backwards	close	