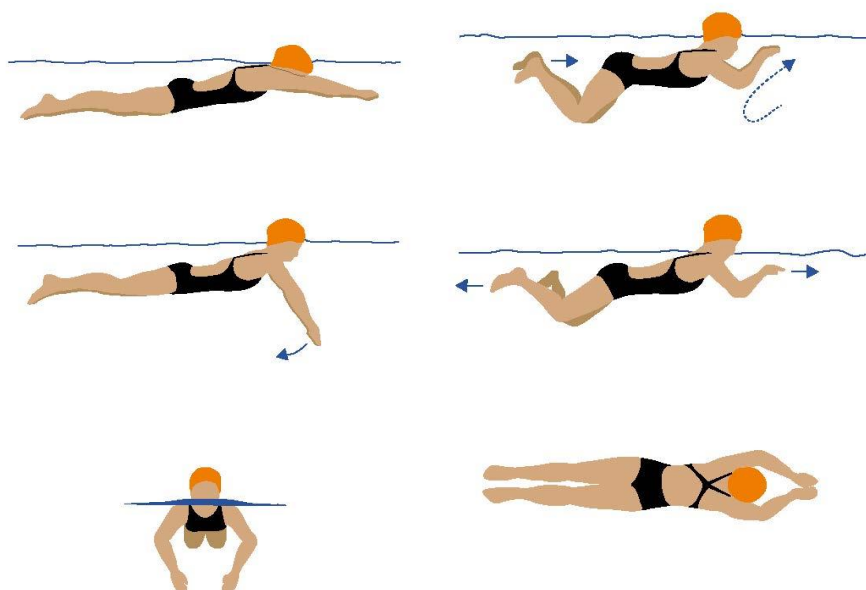


Breaststroke

Worksheet



Question	Answer
1. 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:

at the same time	shoulders	frog	breathe	out
outwards	glide	streamlined	backwards	close

