

# Swimming 5- Knowledge Organiser

Continuous alternating upward kick provides propulsion through the water

Body position remains level

Relaxed knees and ankles

Kick comes from the hip

Toes are pointed to provide streamline effect and ankles are relaxed

Downward kick provides propulsion

Heels drawn towards the seat and feet turn out

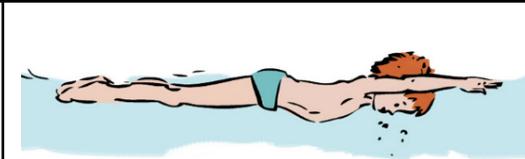
Heels drive back in a circular whip like action giving the kick power and motion

Kick finishes in a streamlined position with legs straight and toes pointed

Simultaneous kick comes from the knee

Legs accelerate in a downbeat to provide propulsion

Swim 10m kicking front crawl, backstroke, breaststroke, butterfly legs.



Travel on front rolling 360 in one continuous movement on my back.

Travel on back rolling 360 in one continuous movement on my front.

Swim 10 m (any stroke)



Shout and signal for help

