

Key Skills/Techniques

- a clear understanding of safety procedures and complete a swim test.
- develop and understanding of technique of front crawl
 - Float on tummy
 - Streamlined
 - Horizontal
 - Push and glide
- to develop and understanding of technique of back-stroke.
 - Float on back, ears below surface water
 - Streamlined, eyes up or slightly looking towards toes, chin tucked
 - Horizontal, shoulder rolls along with the stroke, legs remain in the water
- develop and understanding of technique of breast stroke.
 - Float on tummy
 - Streamlined
 - Horizontal
 - Push and glide
- develop and understanding of water safety and life saving techniques.
 - Water Entry
 - Treading water
 - Floating



Key Words

Warm up	Cool Down	Tension
Glide	Sculling	Control
Front Crawl	Back Stroke	Precision
Breaststroke	Butterfly	
Tension	Extension	

Key Muscles

- Quadriceps	- Abdominals
- Hamstrings	- Bicep
- Calves	- Tricep
- Gluteals	- External Obliques
- Deltoid	- Gastrocnemius
- Pectoralis Major	- Latissimus Dorsi

Fitness Requirements

- ◆ Cardio vascular Endurance
- ◆ Muscular Endurance
- ◆ Strength

Warm Up & Cool Down

The purpose of a warm up is that your body needs to prepare for exercise, we need to:

- Increase the breathing and heart rate
- Increase blood flow to the muscles to supply them with more oxygen

The purpose of a cool down is that:

- Helps the heart rate and breathing to return towards resting levels
- Helps avoid fainting or dizziness
- Helps to remove waste products from the muscles, such as lactic acid
- Helps prepare the muscles for the next exercise session

Rules & Regulations

POOL RULES

