

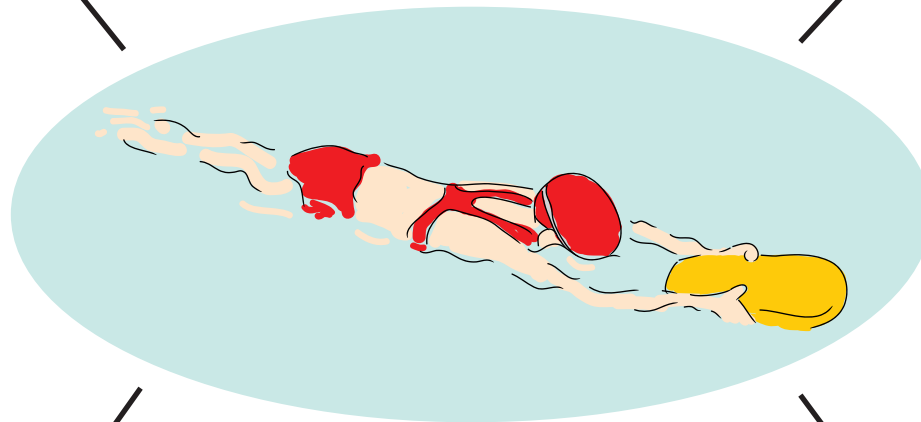
RESOURCE CARD: **SWIMMING:** BEGINNERS

RELATES TO: **WEEK 1**

MAIN LESSON & GAME / COMPEITION: FLOATING POSITION

KEEP FACE IN THE WATER

PUSH AWAY FROM THE WALL



**ALLOW THE LEGS
TO FLOAT UP BEHIND**

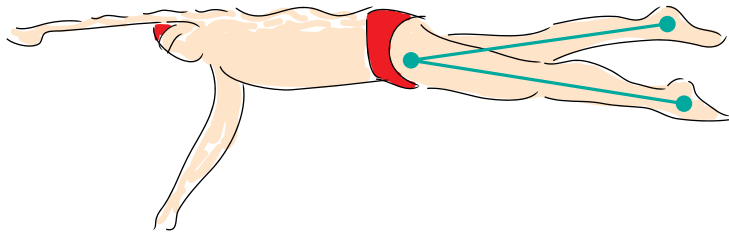
**STRETCH ARMS OUT
IN FRONT OF THE BODY**

Develop this by getting a partner to stand the other side of the float and they can pull them along.

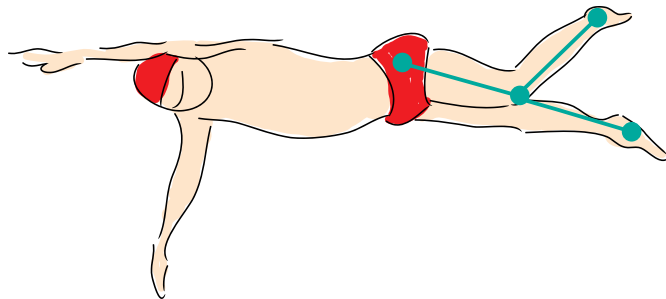
RESOURCE CARD: **SWIMMING:** BEGINNERS

RELATES TO: **WEEK 2**

MAIN LESSON: KICKING



Good technique with kicking from the hip and legs staying straight.

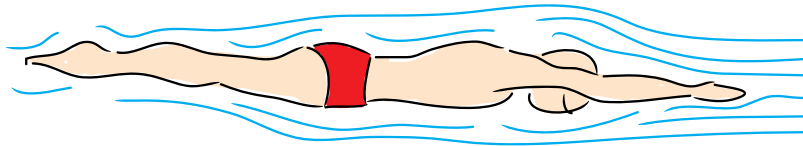


Bad technique with knees bending.

RESOURCE CARD: **SWIMMING:** BEGINNERS

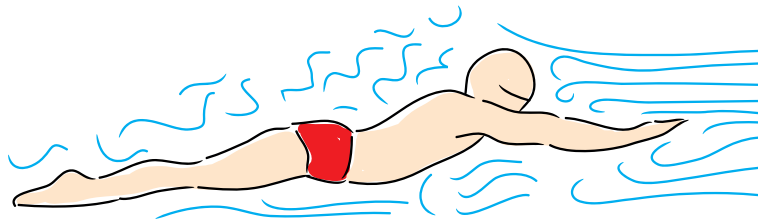
RELATES TO: **WEEK 3**

MAIN LESSON: **BODY POSITION IN THE WATER**



Low drag in streamlined position

Good technique with little resistance, ensure head is down, which in turn brings the legs up.



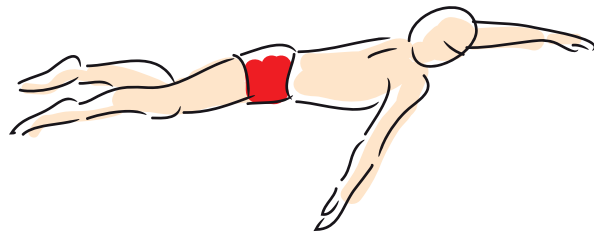
High drag in unstreamlined position

Bad technique with lots of resistance.

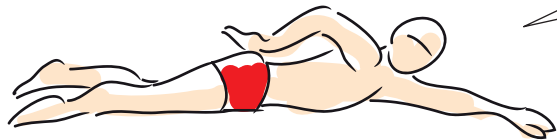
RESOURCE CARD: **SWIMMING:** BEGINNERS

RELATES TO: **WEEK 4**

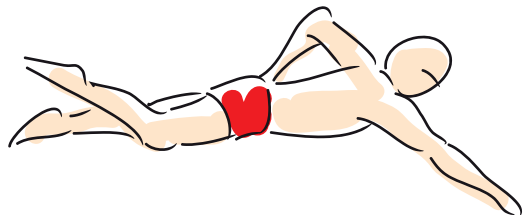
MAIN LESSON: BREATHING TECHNIQUE



Rotate body slightly to the side and breathe in as arm is coming up over the head. Ensure they don't breathe from the front.



Return head back to the front and keep it still.



RESOURCE CARD: **SWIMMING:** BEGINNERS

RELATES TO: **WEEK 5**

MAIN LESSON: ARM TECHNIQUE

