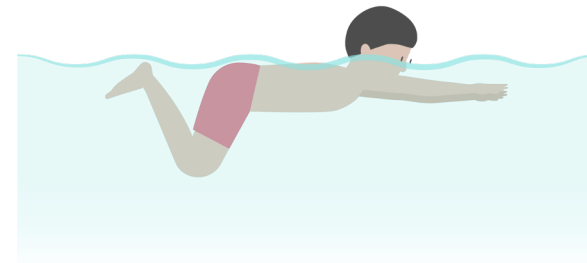


## Observation skills - correcting technique



### ✓ Look for good body position.

- **Breaststroke** - on front, shoulders breaking water, bottom slightly below water
- **Front crawl** - on front, shoulders breaking water, bottom slightly below water
- **Backstroke** - on back, head in water ears submerged, facing up, neck straight

### ✓ Look for correct leg and foot action.

- **Breaststroke** - bringing heels to bottom, whipping legs round, toes pointed, straight leg to glide
- **Front crawl** - kicking from hips, flexible knees and ankles, feet just breaking the surface of the water
- **Backstroke** - kicking from hips, flexible knees and ankles, feet just breaking the surface of the water

### ✓ Look for correct arm action.

- **Breaststroke** - Are they using the 4 points straight, pull down, push up, glide
- **Front crawl** - Finger and thumb leading into the water, pull down, alternating arms
- **Backstroke** - Little fingers leading into the water, arms past ears, pull down, alternating arms