

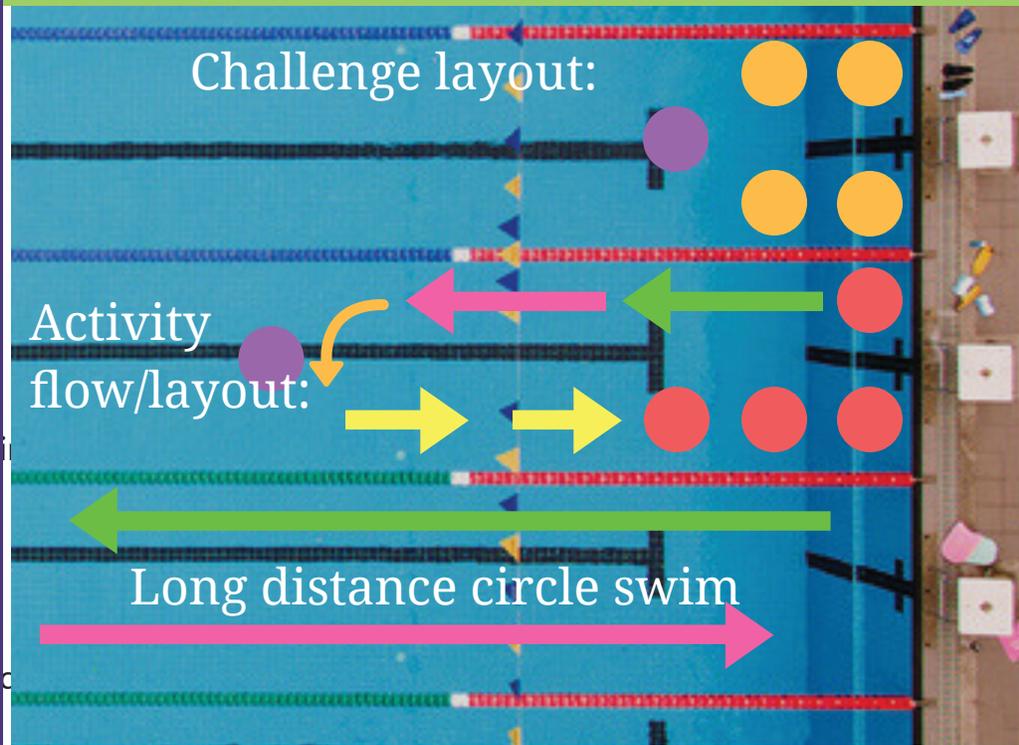
## Activity, Activity, Challenge

### Activities to do:

- 3 x SL then 3 strokes Fr (no breath)
- 3 x SL + 5 strokes + 1 breath
- 3 x SL on back + 3 backstrokes
- 25 Free Kick, 25 Back kick
- 25 catch-up swim with kickboard Swi
- 3 x SL w/no K + 2x (11, Y, E, 11)
- 3 x SL + Lift and Flex (in SL)
- 3 x SL + 1 BR arms + 1 BR K+ float
- 3 x SL + 2 fly arms; no kick.
- 3 x SL + 1 fly stroke + 1 kick at 11. Kic

### Challenges:

- Streamline wrong; then SL correct.
- Swim to 1/2 way with only 1 breath
- Fly kick on your side around everyone, like they're poles
- Go under, make your body like fav. food.
- FR kick as fast and as far as you can, but only get 30 kicks; or 10 secs. Jump in deep end, touch bottom with foot, at surface shout a fav. color.
- Do a handstand for 2 secs. turn into a front flip, jump off bottom.
- Push off wall in airplane, crash-land.



### Language:

Start immediately in SL:

- 1) lock thumb, 2) squeeze ears, 3) look down.
- Always streamline first with appropriate stroke's kick.
- Every stroke starts in 11. "Long reaches to 11"
- Lift feet to rear, flex feet to sides, then make circle, and squeeze.
- Do the "motions of BR arms and Fly" more about the choreography than swim.

### INS tips:

- Focus on the **most** important element; body position; motion of arms (BR/FLY) instead of "swimming"
- Be dynamic; high reps, but change it up. Keep interested.
  - If they're not "getting it" change delivery or activity
  - Be loud, fun, talk a lot!
  - Play games with purpose.

Front crawl 20 meters with bilateral breaths.

Back crawl 20 meters with body in soldier.

3 x, SL w/no K, + 1x (11, Y, Eat, and Reach), then 1x (BR K in 11).

Streamline + 2 strokes Fly w/ breath on #2

Swim 50 meters Front or Back Crawl

**Level 4 testable skills; Focus: BK, FR. Sprinkle: Fly, BR.**

## Activity 1:

100 IM Kick with kickboard

Hold bottom, face in FLY

Hold sides, elbow in BK

Hold bottom or top, elbows

straight BR and FR face in or out.

Doesn't need to be perfect; more exposure to all 4 strokes.

## Activity 2:

3 x streamline underwater

1) lock thumb

2) squeeze ears

3) look down

3 x Streamline underwater, at surface do a front flip.

## Challenge 1:

Push off in airplane as deep as possible, and do a spin like doing a barrel roll without losing straight body, or breaking the surface.

-Flutter kick throughout.

Bonus to do two spins.

## Activity 3:

3 x streamline + 3 free

-Perfect the streamline

- Swim with arms reaching to position 11 at start of stroke cycle.

- Kicking important

- Body line and posture pristine

## Activity 4:

3 x streamline + 5 FR + 1 breath

- no breath on #1 or #5 strokes.

- Kick throughout

-SL underwater, swim at surface

- Body line straight, tight

- Breath w/cheek in water; no lifting head or banana bodies.

- Slow arms okay; length good.

## Challenge 2:

Do 2 handstands that turn into front flips.

Do 2 front flips in one breath under 10 seconds

Do 1 back float in a ball with knees pulled into chest.

## Activity 5:

-Two hands on wall, go under 3x.

-2 hands, 2 feet on wall, go under 3x.

- 2 hands, 2 feet on wall, pull up, let go of hands, keep feet on wall, go under 3x; lay back look up.

- Repeat, but also push off in SL or back.

## Activity 6:

3 x streamline on back to flags, then take 3 backstroke strokes.

- Body under as long as possible (flags limit)

- Kick throughout

- Once arms start keep moving. no catch up swimming backstroke

- Avoid wiggling, no banana body.

## Challenge 3:

- Corkscrew swim to 1/2 way: 1 back stroke, rolls into 1 FR.

- 1 fly swim + 1 breast swim to 1/2 way, alternating.

- Free arms with fly kick to 1/2 way.

- Back arms with BR kick to 1/2

**Short distances good for most; longer to practice skill**