

Ages 4-10

Levels 1-6



Stamina



Skill



Home activity...

...developing in-line front crawl arms!



The basic principles of the activity & how you execute it

Practice front crawl arms.

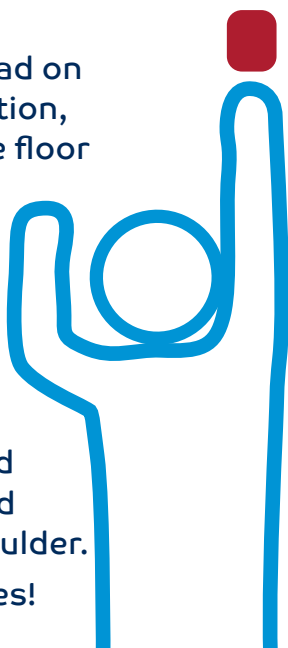
Lying on the tummy, with head on the floor so in a neutral position, adult places an object on the floor in line with shoulder.

Child has to find the object without looking (head stays down).

Adult moves the object to the other side.

Keep repeating until the child knows to move arms forward directly in line with their shoulder.

Keep practising – 100 touches!



What you will need

- Comfortable floor space.
- An object to reach for.



Notes for parents

- Ensure that you are placing the object in line with the child's shoulder so that they are not crossing the mid-line as this can cause snaking when in the water.
- Trying to keep the reaching arms in line with the shoulders to develop good strong front crawl arms whilst keeping the body in a streamlined position.