

Make yourself as long and straight as you can
Almost horizontal; chest clear,
hips just under water

Keep your head still/central and
look up and slightly towards
your toes.

Keep legs long, together, knees
under the water; alternating (up
and down) continuous kick* ...
from your 'seat'

"One in one out"
Slip the hand out—softly
'Slice' the hand in—softly
(? Exit thumbs / enter pinkies)

Keep fingers together
Hands like paddles
Catch' /'Fix' / Press, hold and
Feel the pressure of the water on
your hands..

Roll/rotate shoulders and
upper body for exit and entry;
hands enter in line with your
shoulder; Palms facing out

'Press and Sweep water round
and back—push towards your
feet

Pretend you are lying in bed
with your head 'resting' on your
pillow; ears touching the water

*Fast feet—small splash
Loose ankles - toes 'pointed'
'Floppy' feet

Keep arms straight (like a laser)
from exit to entry, up and high
over the body ; from thigh

Make yourself as long and straight as you can
Head steady: look down and very slightly forward

Roll shoulders and enter your hand fingertips first in line with your shoulder; make your arm long and reach forward

Keep fingers together
Hands like paddles; 'catch'/'fix'/'press' and hold...

Keep legs long, together, an alternating (up and down) continuous kick— from your 'seat'

Fast feet—small splash
... close to surface;
Loose ankles—toes 'pointed'
'Floppy' feet

Feel the pressure of the water on your hands; hold it..
Press and Sweep water under your body— towards your feet

Bend your arm gradually as you pull under your body and straighten again as you sweep back past your hips to your thigh

Bend and lift elbow out of the water first, followed by wrist
Keep elbow bent and carry the hand forward, over and close to the water, to the front

One ear and one eye in the water when you breathe to the side

Blow out explosively as your mouth clears the water, take a breath and return the head face down in the water

Keep your shoulders—and hips level and your head still; Head lifts to front to breathe in, then drops back in line

Sweep powerful 'circles' with your arms and your feet. 'Catch/'fix'/feel and hold water on palms of hands Keep arms and feet level

Going Horizontal 

Kick backwards simultaneously with 'flat' feet- turned out like seal flippers/penguin or duck feet; 'hooked' toes

Going Horizontal 

Bend your knees and bring your heels to your 'seat'

Going Horizontal 

Keep your knees narrow when you bend them and when you kick backwards

Going Horizontal 

Slice the pizza, tear it in half and bring it round towards your face/mouth; hands come together



Going Horizontal 

Keep your elbows high when you pull your hands round , tuck them in as you sweep your hands round—in front of your chest—and extend to a streamline..

Going Horizontal 

Kick back and round and snap feet together as legs go straight and together

Going Horizontal 

Pull—breathe—Kick and Glide (stretch/reach long and narrow)

Going Horizontal 

Streamlined at the 'front end' (arms) when the legs kick back and streamlined at the 'back end' (legs) when the arms pull round