

Sixth Grade Swimming Study Guide

Pennsylvania State Law says a swimmer must **rinse off under a shower** before they enter a public pool. Why? So you do not bring dirt and body oils into the pool water!

Skills

Back float – muscles should be loose and relaxed. Pull chin and belly button up to ceiling to prevent head from going under.

Push off – with two hands on the gutter and feet on the wall, take a breath of air, tuck under the water, and push off the wall in a stream line position into a glide.

Treading water – your arms move back and forth near the surface of the water while you do a bicycle, flutter, eggbeater or scissor kick and your chin is at the top of the water.

Jumping into the water – jump straight out away from the wall; make sure it is safe for you to jump. Do not turn and grab onto the wall as you jump in.

Kicks

Flutter kick used with front crawl, back crawl, beginner stroke and beginner back

Whip kick used with breast stroke and elementary back stroke

Strokes

Freestyle or front crawl:

- elbow is the highest point of the arm stroke; fingertips enter first – **“spear the fish”**
- to breathe, as the elbow comes out of the water, **roll your face** to the side to inhale or take a breath of air. When face rolls back into water then exhale (blow bubbles)

Back stroke or back crawl:

- thumb comes out, arm brushes ear, hand rotates so the little finger (pinkie) goes into the water first. (Hand should enter water above the head)
- hips should be up, no “butt brakes” on!

*****The rest of this study guide is for the deep end group only.*****

Elementary Back stroke:

- sequence of arms is: monkey, airplane, soldier, glide
- the **power phase** of the arms and legs at the **same time**
- the stroke contains a glide

Breast stroke:

- arm and leg motion is to the side
- arm motion is "scrape the cookie bowl, push the batter back"
- sequence is **pull and breathe, kick and glide**

Standing front dive:

- standing on the edge of the pool, bend knees and push off from deck
- tuck chin to chest and enter the water at a 45 degree angle to prevent doing a belly flop
- keep your feet together and point your toes