

Minimum standard of swimming strokes

Front crawl	Backstroke	Breaststroke	Butterfly
<ul style="list-style-type: none"> • Body position – streamlined and flat • Legs – alternating (up and down close together) • Arms – hand pull backwards under water to the hips, arms recover over the water • Breathing – face in water most of the time, in and out regularly • Timing - legs and arms alternating 	<ul style="list-style-type: none"> • Body position – streamlined and flat, eyes looking up • Legs – alternating (up and down close together) • Arms – under water pull arms recover over the water • Breathing – in and out regularly • Timing - legs and arms alternating 	<ul style="list-style-type: none"> • Body position – streamlined and flat as possible • Legs – heels drawn towards bottom, kick backwards with feet • Arms – hands pull in a narrow circular movement, arms are stretched forwards • Breathing – Breathing in and out regularly • Timing – arm then leg action 	<ul style="list-style-type: none"> • Body position – streamlined and flat, body moves in a wave like action • Legs – close together and kicking in an up and down action • Arms – pulling under body, over water recovery • Breathing – face in water, breathing in and out regularly • Timing – arm and leg action continuous