Swimming – fill the gaps with these words:

treading water; sidestroke; individual medley (IM); dog paddle; false start; dolphin kick; trudgen crawl; breaststroke; flutter kick ; scissors kick ; relay ; anchor ; sculling; freestyle, free, front crawl or forward crawl; medley relay; frog kick, or whip kick; butterfly or fly; leg ; backstroke, racing backstroke, or back; fly, back, breast, free; synchronized swimming; recreational strokes; drowning moth;

Swimming can be done at the surface on your stomach, back or side, as well as underwater.

The strokes (methods of swimming) used in competitions are:

_____is swum on the stomach, and uses a pull (arm motion) of both arms at once, and a kick (leg motion) of both legs at once. The kick is called a _____.

_____ is the fastest stroke swum on the back. The arms alternate their pull and the legs alternate their kick. This kick is called a _____.

_____ uses a pull with both arms at once, and the arms stay in the water. Likewise both legs kick at the same time using a _____. This was the main stroke for competition in the 1800s, before freestyle was developed.

_____ is the fastest stroke. The arms alternate on the pull and come all the way out of the water. People who swim this style well do not lift their heads to get a breath, but only turn towards the side.

Also at swim races, the _____ is swum by one person versus other swimmers, with the strokes above, in the order described above. Sometimes the names are shortened to _____. The same distance of each is swum, totaling 100 yards, 200 yards/meters or 400 yards/meters.

A _____ is swum by four members of the same team against four members of each other team at a race. A freestyle relay would have each swim a distance of freestyle, and as they get to the side of the pool, the next person dives in and starts swimming the same stroke/distance.

A _____ would have four swimmers each do one distance of the IM strokes in the order Back, Breast, Fly, Free.

A _____ is one section of a relay.

The _____ is the last swimmer in a relay.

_____ include all of the competitive strokes (but any of these can be used in a 'fun'competition)

_____ is swum on the right or left side. The leading arm pulls from in front of the swimmer down to about chest level, the other arm starts the pull just above where the first arm finishes and pulls down to the hips. The kick is called a _____.

_____ is a human swimming like a hound.

_____ is freestyle arm pull with a sidestroke scissors kick, sometimes with some flutter kick as well.

_____ is what a swimmer's first attempt at butterfly often looks like.

_____ is not a stroke. It is a set of leg actions and arm actions used to keep a swimmer's head above the water while the body is vertical, (as opposed to swimming, when the body is horizontal). The hand motion, when it is used, is _____. It can be used alone to help maintain a steady position and/or horizontal position in the water during a float.

_____, the water ballet performed by a single swimmer, by pairs or groups of up to eight swimmers, depends in part on strong sculling skills.

_____ - a situation in which one or more swimmers leaves the blocks before the starting signal