

## **Breaststroke Homework sheet**

Breaststroke is very different from all the other strokes and because of this, the children find it more difficult to learn. We at Shirley pool have found the only thing that speeds this process up is good quality repetition. So we would please ask if you can practice these moves at home as frequently as possible because this will speed up the learning process.

### **First Activity**

Start and End position



Second Position



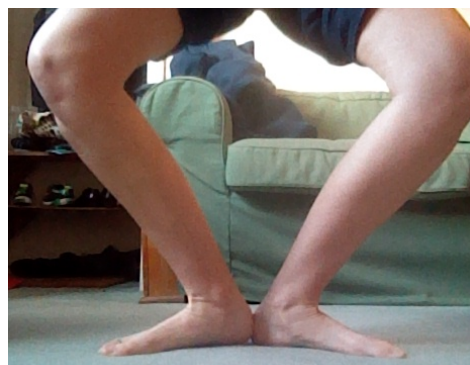
Start with your legs straight and toes curly -Bring ankles down into position 2 - kick around a football to end up back in the end position

### **Second Activity:**

Start and End position



Second Position



Start with legs straight with your toes in a triangle. Then bend as low as possible before straightening your legs again. Repeat 10 times each night.