

# Swimming – Front Crawl

Observation Checklist - Has the individual met all teaching points when performing the Front Crawl?

Observers name:

Performers name:

Is the swimmers body position flat in the water?

Does swimmer kick from the hips & have floppy ankles?

Does the swimmer have a high elbow in the arm stroke?

Does the swimmer have head in the water?

Does the swimmer reach far on the 'catch' phase?

Does the swimmer breathe to the side?

  
  
  
  
  
  
