

# Front Crawl

**Leg Action**

**Body Position**

**Arm Action**

**Breathing**



## Body Position

- Body and legs remain high in water
- Legs and arms close to body to be 'streamlined'
- Head remains still except when breathing

## Arm Action

- ✓ Thumb and fingers enter water beyond and in line with head
- ✓ Hand sweeps downwards through water close to body
- ✓ Arm comes up past body out of water with elbow high



## Breathing

- Head turns to side as arm moves through air
- Inhale as head is turned
- Exhale with head in water
- Turn the head,

## Leg Action

- ❖ Continuous and alternating action
- ❖ Leg action starts at the hip
- ❖ Toes pointed and knees slightly bent