Swimming – Breast Stroke

Observation Checklist - Has the individual met all teaching points when performing the Breast Stroke?

Observers name:

Performers name:

Is the swimmers body position flat in the water? ☐

Is the performers arms working symmetrically? ☐

Is the performers legs working symmetrically? ☐

Does the swimmer have head in and out of the water? ☐

Does the swimmer reach and extend the arms? ☐

Does the swimmer use a whip action with the legs? ☐