Swimming – Back Stroke

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

Observers name:

Performers name:

Is the swimmers body position flat in the water? ☐

Does the swimmers arm brush the ear during the arm stroke? ☐

Does the swimmer have head facing up and back in the water? ☐

Does swimmer kick from the hips & have floppy ankles? ☐

Does the swimmers legs break the surface of the water? ☐