Swimming Vocabulary

Complete the activity.

1. ____________ A stroke made in the prone position where both arms are lifted simultaneously out of the water and flung forward, in combination with the dolphin kick

2. ____________ An event where the swimmers may use any stroke they choose, which typically is the crawl

3. ____________ A kick, usually performed as part of the crawl, where the legs are held straight and moved up and down alternately

4. ____________ A start in which one or more swimmers leaves the blocks before the starting signal

5. ____________ A stroke made in the prone position characterized by alternate over arm movements and a continuous up-and-down kick

6. ____________ A kick where the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession

7. ____________ A combination event in which a swimmer or relay team swims separate legs of backstroke, breaststroke, butterfly and freestyle

8. ____________ A stroke made in the prone position in which both hands move simultaneously forward, outward and rearward from in front of the chest, and the legs move in a frog-like manner

9. ____________ A stroke in which the swimmer is on his back performing a flutter-kick and rotating the arms alternately backward

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<td>Breaststroke</td>
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