# Developing Swimming Skills – Back crawl

### Legs only

Holding onto the side of the pool, pupils can practice the leg kick in a static position.

The leg kick for back crawl involves the movement of the legs up and down

The emphasis of movement should come from the waist to give a greater range of motion (you may see a tendency for flexion to occur at the knee joint).

Toes should be pointed and only break the surface of the water (trying to make as small a splash as possible.

Once confident, pupils can push and glide from the side of the pool and then move into the leg kick.

### Arms only

Standing in the water, pupils can practice the arm action in a static position.

The emphasis here is placed on the extension of the arm to enter the water above the head

The hand should enter fingers first, with the hand and arm position such that is feels as though they are reaching to touch something above their head.

The arm is then drawn backwards exiting the water level with the waist.

As the right hand exits the water the left hand will enter.

To isolate the arm action, floats can be placed between the legs.

### Breathing

Because the body is on its back during the back crawl, breathing can occur naturally, although they can be encouraged to breathe in as the right arm moves through the water, and out as the right arm travel round before re-entering the water. In doing so they can develop a more controlled rhythm.

### Full stroke

Once confident, pupils can combine both the arms and the legs.

The key teaching points remain.

The challenge then comes to increase the distance covered, or decrease the time taken to cover the distance.

# Paired activities

In looking at paired activities when teaching aquatic activities a number of approaches can be used:

Pupils work in pairs so that one preforms the task followed by their partner.

Alternatively – pupils can act as coaches / observers giving their partner feedback on their performance. Resource cards can be developed to provide a checklist of key teaching points.