

# SWIMMING FOR A HEALTHY LIFE

## Quarter 2

### MODULE 2

*Hi. How are you? I'm glad that you have finally decided to finish your studies. Keep it up! That's great!*

*This module will help you develop knowledge, skills and behaviors that will enable you to maintain good health, live a healthy lifestyle, and understand the role of individual sports as a form of physical activity in ensuring good health.*



### **EXPLORE Your Understanding**

*In this phase, you will be introduced to activities that will lead you to diagnose, and activate your prior knowledge of individual sports, specifically in swimming.*

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#### Activity No. 1 Know Yourself

Put a check ( / ) mark in the Column of YES or NO to assess yourself. Copy and answer the table below in your journal/notebook.

Activities	YES	NO
1. I have fear of water (hydrophobia)		
2. I have past history of nearly drowning		
3. I have the interest to learn how to swim		
4. I have shortness in breathing whenever in the pool		
5. I have physical problems that impede you from swimming		
6. I have medical findings that inhibit you from staying in the pool		
7. I have fear of being alone in the pool		
8. I have tried swimming a lot of times		
9. I have participated in swimming competitions		
10. I have other reasons		

If you have other reasons, please write it in your journal/notebook:

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Activity No. 2      KW

List down the things you already know and the things you still want to know about swimming. Copy and answer the table below in your journal/notebook.

What I KNOW	What I WANT to Know

The answers you'll have in activities no. 1 and 2 will be of vital information to your teacher in assessing your performance in swimming.

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Activity No. 3      Reading Activity

Have you heard of stories about people who put their lives in danger if not sacrificed their lives in order to save other people's lives? These people who manifested such acts of courage and bravery are real heroes.

Read the following excerpt on "Hero teenager saves more than 30 lives before he is swept away by Philippines floods."

*By Richard Shears  
Last updated at 1:44 PM on 28th September 2009*

A hero teenager gave his life to rescue more than 30 people - including mothers and children - from floods which have killed more than 140 people.

Rampaging floods in the Philippines have left nearly half a million people homeless, as tropical storm Ketsana brought the islands their heaviest rains in 40 years this weekend.

As the storm died down, families stood around the coffin of 18-year-old construction worker Muelmar Magallanes, who saved 30 people before he was swept away.

Time and again Muelmar swam through the floods to pull people to safety, but on his last venture into the torrent to save a baby girl and her mother the exhausted hero was swept away.

The mother and her baby, who were being carried away on the top of a styrofoam box, were hauled to the shore by friends after Muelmar had pushed them in close enough for the terrified pair to be saved.

As the floods swept him away, Muelmar was too weak to save himself and he disappeared beneath the surface. His body was found several miles away - along with 28 others who had perished in Manila's worst floods in decades.

'He gave his life for me and my baby and I'll never forget his sacrifice, said Menchie Penalosa, the six-month-old girl's mother.

'I'll be grateful to him for the rest of my life,' she added as she joined others gathered around Muelmar's coffin at a makeshift evacuation centre near their flooded riverside village on the outskirts of the capital, Manila.



Answer the following questions in your journal/notebook:

1. Describe the courage and bravery of Muelmar Magallanes during the onslaught of typhoon ondoy.
2. How was he able to save 30 lives?
3. Would you do the same?
4. Do you now see the importance of knowing how to swim?

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Activity No. 4      Think Twice Before Doing It!

Put yourself in the following situations: This is with the presumption that you do not know how to swim. You should come up with a very quick decision. Answer the question in your journal/notebook.

1. Your friends are teasing you to jump with them in the river to have fun. What will you do?

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2. An angry lion is running after you and the only way to escape from it is to swim across a river. What will you do?

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3. Your best friend is asking you to have a morning swim in the pool with him/her. What answer will you give him/her?

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Did you have a hard time coming up with decisions? Have you realized how important it is to know how to swim in these situations? Yes! That is a good answer.

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Activity No. 5      Swimming Benefits

Write down at least five (5) benefits you think you can gain from swimming. Place your answers in your journal/notebook.



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2.

3.

4.

5.

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Activity No. 6      Do You Know How To Swim?

Rate your swimming skills. Five (5) is the highest rating and one (1) is the lowest. Please put a check mark. Copy and answer the table below in your journal/notebook.

Swimming Skills	5	4	3	2	1
Butterfly Stroke					
Breast Stroke					
Freestyle					
Back Stroke					
Dog Paddle					

Your self rating in this activity will be the basis of the level of your starting performance in swimming.

Getting interested? I hope you do. You will learn more as you go to the next phase of this module. The knowledge and skills you already have about swimming will be further enhanced and strengthened in the succeeding activities.



### **FIRM-UP Your Understanding**

In this phase, you will be provided with different activities & resources on individual sports for you to reflect, rethink, clarify and validate your understanding of athletics.

READ and you will Understand

Read and understand the different lessons. Sources and references for additional readings in swimming shall be found in Annex A of this module.

### Activity No. 1      Into The Pool!

Get into the pool. Consider safety measures in doing this activity. Assess your capability to swim before doing it. Try to ask the help of a professional if you are not confident to engage in this swimming activity. Relax and enjoy.

Write down your personal observations on your level of confidence. Note the reasons on what makes you confident or not.

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### *Reading 1*

### **Background of Swimming**

Swimming is an activity that burns lots of calories, is easy on the joints, supports your weight, builds muscular strength and endurance, improves cardiovascular fitness, cools you off and refreshes you in summer, and one that you can do safely into old age.

Swimming has roots from prehistoric times, where cave paintings featured early humans swimming across rivers. Human beings have been swimming for millennia. According to Wikipedia, Stone Age cave drawings depict individuals swimming and there are written references in the Bible and the Greek poems "The Iliad" and "The Odyssey" dating back 1,500 to 2,000 years. There are even Egyptian clay seals from 4000 BC showing four swimmers doing a version of the crawl, and the most famous swimming drawings were apparently found in the Kebir desert and were estimated to also be from around 4000 BC.

I believe that swimming has been an innate activity of man before any human being was born into this world.

Today swimming is the second most popular exercise activity in most countries.

### *Reading 2*

### **Swimming Strokes**

**Butterfly Stroke:** it is the toughest and the most exhausting swimming stroke, encompassing windmill like arm movements and dolphin kick. While performing this stroke competitively, the swimmer should avoid underwater swimming.

- Hands pull down, lower legs pushes down, toes pointed
- Arms pull wide, head looking forward
- Legs push up, hips push down, hands move in under shoulders
- Legs continue upward movement, hips push down, hands move in under body, head comes up out of water
- Legs begin downward movement, hands push back at side of hips, head clears water
- Arms begin recovery over the water, head thrust forward to breathe
- Arms come over straight and wide, face down in water
- Hands enter in front of shoulder to repeat action

**Breast Stroke:** this is one among the different swimming strokes that involves arm movements on the front side, from your head to shoulder level. It is the frog kick that can be associated with this stroke. The swimmer should keep his/her head above the water surface, while carrying out this swim stroke.

- Body is streamlined but at a small angle, eyes look forward and down
- Arms pull to side back and down, hands stay in front of shoulders
- Breathe out and take a breath quickly
- As the arms complete their action, the legs are drawn up
- As arms push forward legs drive back with feet turned out
- Some swimmers find it restful to hold a short glide before the next stroke

**Crawl (Freestyle):** flutter kick and alternating over arm movements are the features that characterize crawl-swimming stroke. While doing crawling, the swimmer has to keep his head in the water, alternating the face side.

- Body flat, eyes look forward and down
- Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls
- Arm recovery is an easy, relaxed action with the elbow higher than the hand
- Arm pushes back, head starts to turn ready for breathing
- Head turns to side, breathe out and in quickly
- The face turns back into the water as soon as the breath is taken

**Backstroke:** this stroke involves alternate over the head arm movements and flutter kick.

- Little finger enters water first, the arm is straight
- When the arm is at shoulder level the elbow bends, arm pulls sideways, body rolls
- Aim for a flat body position, with head back and eyes looking upwards
- The arm and leg actions are continuous
- Breathe out as one arm recovers and in as the other recovers
- The recovering arm points straight up

**Freestyle swimming:** it gives you the liberty to use any swimming stroke you want to, while carrying out your swimming workout session.

**Dog paddle:** it is one of the simplest swimming strokes, making use of modified flutter kick. In dog paddling, your forward motion takes place with your arms underwater.

Specifications for an Olympic-size pool are as follows:

Length	50 m (164 ft)
Width	25 m (82 ft)
Number of lanes	8+2
Lane width	2.5 m (8 ft 2 in)
Water temperature	25–28 °C (77–82 °F)
Light intensity	minimum 1500 lux (140 foot-candles)
Depth	minimum 2.0 m (6 ft 7 in)

There must be two spaces 2.5 m (8 ft 2 in) wide outside lanes 1 and 8 (in effect, two empty lanes). The length of 50 meters (164 ft) must be between the touch pads at the end of each lane, if they are used.



## Equipment

### Swimsuit

You'll need a swimsuit which is the standard swimming attire. Like many other things, technology has entered the swimsuit arena as well. Fabrics are designed for



minimal resistance through the water, they tend to last a long time, and they resist fading even when used repeatedly in chlorinated pools.



### Goggles

Goggles protect your eyes from chlorine (and anything else that may be in the water), and they help you keep your eyes open while you swim so that you can see where you're going.



### Bathing caps

Bathing caps can serve several purposes. Some pool managers will require individuals with long hair to wear caps to keep hair from getting into the pool, and some people just like to protect their hair from the chlorine in the water. You may also decide to wear a bathing cap to cut down on resistance in the water. This really works, and so if you're looking to increase your time a bit, a bathing cap might help. Many caps are made of latex, although you can find silicone, neoprene (keeps you warm), and Lycra as well.



### Flotation devices and other stuff

There are a number of flotation devices and other equipment available to help you learn how to swim, improve your swimming times if you start to get competitive, and add resistance to your water workouts to build muscular strength and tone. Flotation devices help keep you afloat so that you can slow down and work on your swim

stroke without sinking or too much fatigue, and they help with confidence for individuals who don't know how to swim.



### Kickboards

Kickboards are devices made of foam or other materials that float, and they come in a variety of shapes and sizes. The main purpose is for you to hold on and stay afloat while your legs do all the work. It's good exercise for coordinating your kicking, and it gives your arms a rest.



### Pull buoys

Like kickboards, pull buoys are flotation devices that come in a variety of shapes and sizes, but unlike a kickboard, which gives the upper body a rest, pull buoys are placed between the legs to keep the legs afloat without kicking so that you can work your upper body. Pull buoys are excellent training devices for building upper-body strength, endurance, and cardiorespiratory fitness. They can also help you work on your form because you can swim slowly and deliberately without sinking.



### Reading 4

### Benefits of Swimming

There are plenty of reasons to swim! Here's a list that should get you motivated.

- a. Low impact

There's no ground impact when you swim, and so you protect the joints from stress and strain.

b. Can be continued for a lifetime

Because there's no ground impact in swimming, it can be continued for a lifetime. You don't have to worry about injuries that might cause you to stop from performing lifetime physical activities.

c. Builds cardio respiratory fitness

Swimming improves endurance. In one study of sedentary middle-aged men and women who did swim training for 12 weeks, maximal oxygen consumption improved 10% and stroke volume (the amount of blood pumped with each beat which indicates heart strength) improved as much as 18%.

d. Builds muscle mass

In a study of men who completed an eight-week swimming program, there was a 23.8% increase in the triceps muscle (the back of the arm). But even without the gain in mass, it's well worth the strength and tone that you will almost certainly gain.

e. An alternative when injured

When athletes are injured, particularly in the lower extremities, they are frequently told to swim to maintain their fitness level. Swimming helps them stay in shape, and it's even part of the rehabilitation. That's because the resistance of the water makes the muscles work hard without the strain or impact that is experienced on land.

f. It's a break from the summer heat

There's nothing like it during the hot days of summer, whether it's at the beach or in the pool. It's relaxing, the movements are smooth and rhythmic, and it's a great workout and fun.

g. It's a family affair

Swimming and other water activities are something the entire family can share.

#### h. Burns calories

Swimming burns lots of calories, anywhere from 500-650 per hour depending on how efficiently you swim (you burn more flopping around than swimming cleanly!) and how buoyant you are (the more body fat you have, the more you float and the fewer calories it takes to swim).

### *Reading 5*                      **Swimming Rules**

**Freestyle:** In Freestyle events, the participant can swim any stroke. However, the most commonly used stroke is the crawl, which is characterized by the alternate stroking or movements of the arms over the water surface and an alternating (up-and-down) flutter kick.

- On turns and finishes, some part of the swimmer has to touch the wall, though most swimmers do a flip turn.
- Some part of the body should always remain above the water.
- In conditions, wherein the swimmer begins the race and makes turns at the end of each lap, he/she is allowed to remain submerged for 15 meters.

**Backstroke:** This stroke comprises alternate movements of the arms with a flutter kick while lying on the back.

- On turns and finishes, the swimmer can rotate to the stomach and do a flip turn, ensuring that some part of his/her should touch the wall.
- The entire distance is to be covered on the back.
- At the start, both the feet should remain under the water and after starting, the swimmer can be underwater for 15 meters.

**Breaststroke:** Breaststroke involves simultaneous movements of the arms on an uniform horizontal plane. The hands are pressed out in front of the breast in a heart shaped pattern and retrieved under or on the surface of the water. The kick is simultaneously performed in a circular motion just like the action of a frog.

- On turns and finishes, the swimmer has to touch the wall with both hands at the same time, above or below the water surface.
- There should be no asymmetrical arm movements and the swimmer must surface during each stroke.

**Butterfly:** This stroke features a simultaneous recovery of the arms over the water along with a flapping dolphin kick, wherein the swimmer has to keep both legs together without fluttering or using the breaststroke kick.

- Like the above strokes, the swimmer has to touch the wall with both hands simultaneously on the turns and finishes.
- The kick should be vertical, with both legs moving together.
- It is not permitted to roll onto the back, anytime and there should be no asymmetrical arm pull.

**Individual Medley:** Also referred as I.M., the stroke includes all four strokes, starting with butterfly, backstroke, breaststroke and then freestyle.

- The swimmer has to swim in the correct order, i.e. back, breast, butterfly and freestyle.
- The swimmer is not permitted to rotate more than 90 degrees before, touching on the change-over from back to breast.

**Relays:** In this event, a group of four swimmers either swim freestyle or each swim one of the swimming strokes in the order of backstroke, breaststroke, butterfly and freestyle (Medley relay).

- The swimmer has to swim in the correct order, i.e. back, breast, butterfly and freestyle.
- The next swimmer cannot leave until the previous swimmer touches.

After firming up your understanding on individual sports particularly swimming, you will now be provided with meaningful activities that will deepen your understanding by going to the next phase of this module.

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Activity No. 1

Jumbled Words

Rearrange the letters below to form a word or words about swimming. Write the words/s opposite to it. Write your answers in your journal.notebook.

LARWC	_____
RETOSK	_____
TEFLURT KCKI	_____
CAKB	_____
TESFEYRLE	_____
PLEADD	_____
WITIUMSS	_____
GGLESOG	_____
SRDAOKBCKI	_____
LUPL YSBOU	_____
ELARYSQ	_____
ELEYMDS	_____
WMSMIRE	_____
PACS	_____
LOOP	_____

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Activity No. 2

Stroke Mastery

Write down the procedures for each swimming stroke on the spaces provided. Write your answers in your journal/notebook.

Butterfly stroke

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## Crawl

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## Backstroke

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## Breaststroke

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### Activity No. 3      True or False

Write T if the statement is true and F if the statement is false. Write your answers in your journal/notebook.

- \_\_\_\_\_ 1. Swimming has roots from prehistoric times.
- \_\_\_\_\_ 2. In Freestyle events, the participant can swim any stroke.
- \_\_\_\_\_ 3. Swimming builds cardio respiratory fitness.
- \_\_\_\_\_ 4. Butterfly Stroke is the toughest and the most exhausting swimming stroke.
- \_\_\_\_\_ 5. Freestyle is the most popular stroke and the easiest for beginners to learn.
- \_\_\_\_\_ 6. There's no ground impact when you swim, and so you protect the joints from stress and strain.
- \_\_\_\_\_ 7. There should be no asymmetrical arm movements and the swimmer must surface during each stroke in the breaststroke event.

- \_\_\_\_\_ 8. Relay races are one of the ways in which swimming becomes a team effort.
- \_\_\_\_\_ 9. Do not ever try to swim without first learning the basics and without using any safety equipments.
- \_\_\_\_\_ 10. Swimming is fun.

After firming up your understanding on individual sports specifically athletics, you will now be provided with meaningful activities that will deepen your understanding by going to the next phase of this module.



## **DEEPEN Your Understanding**

In this phase, you shall be exposed to various actual games or recorded games to further enrich your understanding of the different individual sports. Likewise, you will experience performing the different athletic skills at the actual playing venues. You will be given the opportunity to express your understanding which your teacher shall assess you at the end of this module.

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### Activity No. 1

### Swimming Pool Visit

Direction: Visit a standard swimming pool near your area. In case you don't have one in the locality where you live, be resourceful enough to look for posters in your school if not, browse the internet and make a research about it. Consider the following when you visit the swimming pool:

1. Compare the actual swimming with the illustration you have in this module.
2. Observe whether the swimming pool near your place has all the facilities and lanes for competition.
3. Roam around the area and have a feel of what it's like to be an athlete in a standard swimming pool.

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### Activity No. 2

### Before Getting Wet

Do the following before getting into the pool:

1. Read swimming safety rules and instruction.
2. Be in your proper attire.
3. Prepare needed swimming equipment.



4. Never go in the water when no one is around (for beginners).
5. Perform warm-up and stretching exercises

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Activity No. 3            In the Water

Do the following before practicing any skill in swimming

1. Get in the pool of three-feet deep.
2. Feel the temperature of the water.
3. Dip your body and face in the water.
4. Start moving your legs, with holding the side bar.
5. After you get familiar with the technique, leave the side bar and start moving your hands.
6. Make use of floatation devices for your practice sessions.

*You can develop your own swimming styles and techniques if you practice daily. This will truly enable you to further advance in your skill.*

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Activity No. 4            Practice the Strokes

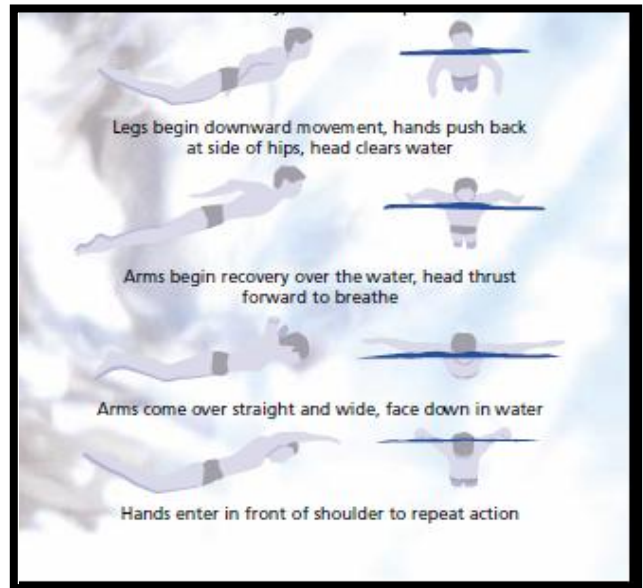
To swim well you need a good stroke style. Try to familiarize the positions before you swim, but don't worry if you can't follow them exactly - you may need to adapt them slightly to suit you. Whichever stroke you swim, you need to consider these five things.

1. Your body position - this affects the whole stroke, so get it right first of all. Aim to stay as streamlined as you possibly can.
2. Your leg action - this helps to hold your body in a good position. You need to kick strongly to stay as horizontal as possible.
3. Your arm action - in all strokes except breaststroke most of the power comes from your arms. But they can only work properly if your body position is right.
4. Your breathing - many stroke problems come from breathing at the wrong time. Try not to let your breathing interrupt the leg and arm action.
5. The timing of the stroke - this is the way all the stages fit together to form the complete stroke.

Using a float to practice part of a stroke can help. Don't try to swim fast too soon. Get your stroke right first, then try to improve the distance that you can swim - this will build up your stamina.



Perform the different strokes by following the proper mechanics and procedures as shown in the following illustrations:



## Back crawl



Little finger enters water first, the arm is straight



When the arm is at shoulder level the elbow bends, arm pulls sideways, body rolls



Aim for a flat body position, with head back and eyes looking upwards



The arm and leg actions are continuous



Breathe out as one arm recovers and in as the other recovers



The recovering arm points straight up

## Breaststroke



Body is streamlined but at a small angle, eyes look forward and down



Arms pull to side back and down, hands stay in front of shoulders



Breathe out and take a breath quickly



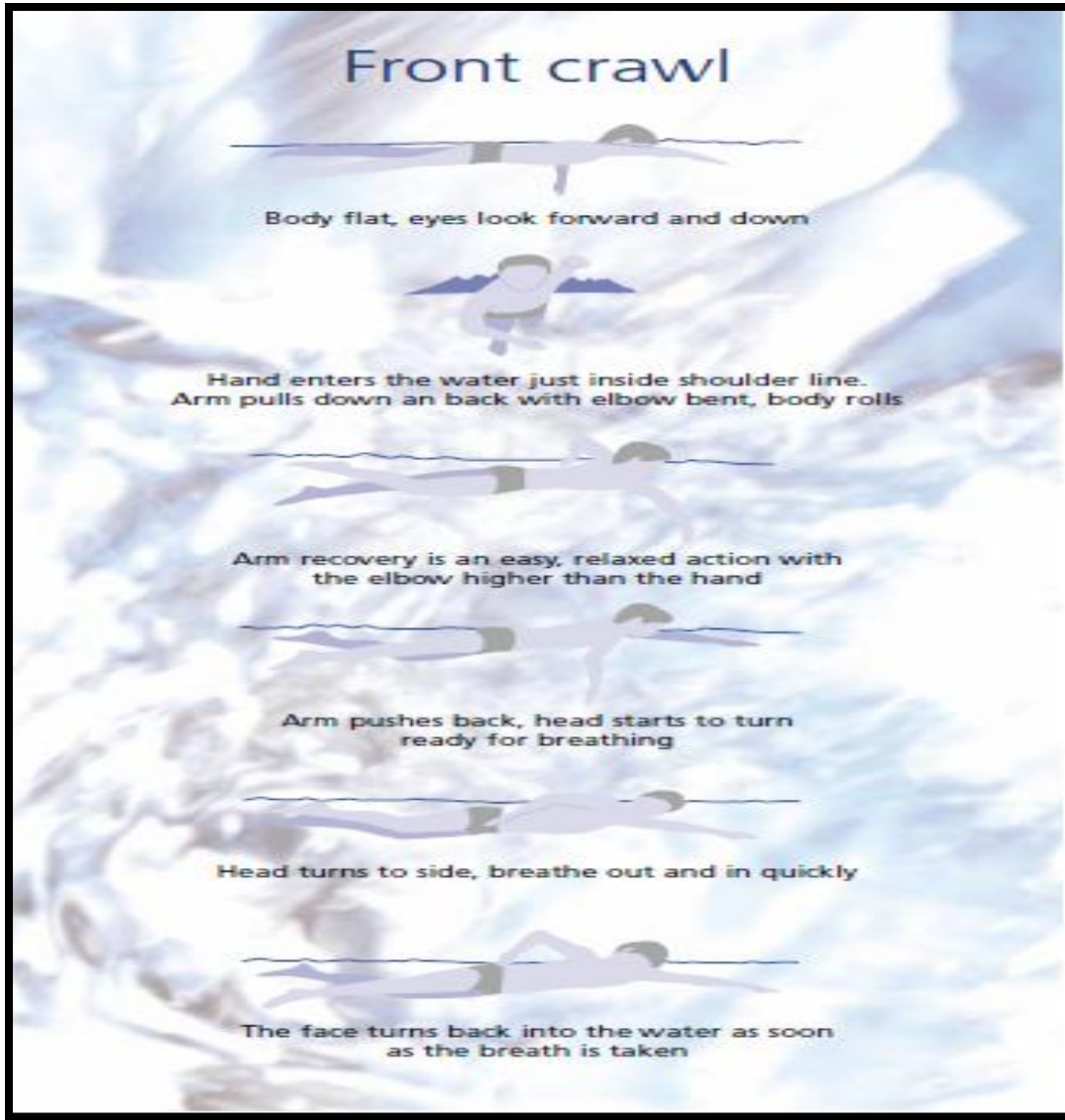
As the arms complete their action, the legs are drawn up



As arms push forward legs drive back with feet turned out



Some swimmers find it restful to hold a short glide before the next stroke



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Activity No. 5

Master Your Skill

Directions: Review the mechanics of swimming. Take into consideration the proper attire and safety precautions for this activity. Perform warm-up exercises first before intending to try doing the swimming event of your choice. You may record your time in order to keep track of your performance. Remember, this is not a one-time deal activity. It takes time and effort to improve your performance. Assess your performance by making use of the rubric below:

**REMINDER:** All outputs should be written/placed in your journal/notebook.

### Rubric Assessment for Butterfly Stroke

Assess your performance on the Butterfly Stroke, Breast Stroke, Freestyle and Back Stroke using the suggested rubrics/criteria.

CRITERIA	4	3	2	1
Arms pull wide, head looking forward				
Hands pull down, lower legs pushes down, toes pointed				
Legs push up, hips push down, hands move in under shoulders				
Legs continue upward movement, hips push down, hands move in under body, head comes up out of water				
Legs begin downward movement, hands push back at side of hips, head clears water				
Arms begin recovery over the water, head thrust forward to breathe				
Arms come over straight and wide, face down in water				
Hands enter in front of shoulder to repeat action				

: 4 – Above Standard; 3 – at Standard; 2 – Below Standard; 1- Needs Improvement.

### Rubric Assessment for Breast Stroke

CRITERIA	4	3	2	1
Body is streamlined but at a small angle, eyes look forward and down				
Arms pull to side back and down, hands stay in front of shoulders				
Breathe out and take a breath quickly				
As the arms complete their action, the legs are drawn up				
As arms push forward legs drive back with feet turned out				
Some swimmers find it restful to hold a short glide before the next stroke				

4 – Above Standard; 3 – at Standard; 2 – Below Standard; 1- Needs Improvement.

### Rubric Assessment for Freestyle

CRITERIA	4	3	2	1
Body flat, eyes look forward and down				
Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls				
Arm recovery is an easy, relaxed action with the elbow higher than the hand				
Arm pushes back, head starts to turn ready for breathing				
Head turns to side, breathe out and in quickly				
The face turns back into the water as soon as the breath is taken				

4 – Above Standard; 3 – at Standard; 2 – Below Standard; 1- Needs Improvement.

### Rubric Assessment for Back Stroke

CRITERIA	4	3	2	1
Little finger enters water first, the arm is straight				
When the arm is at shoulder level the elbow bends, arm pulls sideways, body rolls				
Aim for a flat body position, with head back and eyes looking upwards				
The arm and leg actions are continuous				
Breathe out as one arm recovers and in as the other recovers				
The recovering arm points straight up				

4 – Above Standard; 3 – at Standard; 2 – Below Standard; 1- Needs Improvement.

### Activity No. 6 A Simple Community Sports Program

Make a project proposal on how to strengthen the swimming program in your community. Consider the following in your proposal:

1. Title
2. Objectives
3. Time Frame
4. Mechanics (Steps, Procedures on how to go about with the program)
5. Budget

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Activity No. 7      Watching Actual Games or Recorded Games

Watch and observe actual swimming competitions. Observe the following:

1. How the competition or game takes place from start to finish
2. How competitors perform in the competition, and
3. How the rules are applied in the games

You may write down all the observations you will have and share them with your MAPEH teacher. Write all your observations in your journal/notebook

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Activity No. 8      Checking Your Understanding

Answer the following questions in your notebook:

1. Why is active participation in individual sports important to your life?
2. How can you benefit from participating actively in individual sports?
3. Complete the sentence below:

The benefits of individual sports can be realized by

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## **TRANSFER Your Understanding**

In this phase, you shall perform appropriate individual sports to promote physical fitness.

**Involve Yourself! Get Into Sports!**

You may choose from or you may perform all the given choices below to get yourself involved in sports.

1. Ask your MAPEH teacher to involve you in swimming competitions your school may have within the school year or the future (e.g. intramurals, fun games, local sports meets, etc).
2. Actively participate in swimming competitions in the community.
3. Always keep a record of your performances in all swimming events you will get involved with.
4. Confer with your MAPEH teacher. Update him/her with your performances and involvement in swimming and let him/her assess your performances.
5. Your performance will be assessed using the following criteria: Appropriateness, execution of the skills, proficiency, mastery and behavior during performance.

Note: Submit all requirements you are asked in this module and by your MAPEH teacher.

## **CONGRATULATIONS!**



## ANNEX A

### References:

Honing Your Skills Through MAPEH I

MAPEH SKILLS I

Distance Learning Modules ( P.E. and Health)

2010 Teaching Guides (P.E. and Health)

### Web Based Resources:

[www.medicinnet.com](http://www.medicinnet.com)

[www.aquasphereswim.com](http://www.aquasphereswim.com)

[www.burnleybobcats.com](http://www.burnleybobcats.com)

[www.knolgoogle.com](http://www.knolgoogle.com)

[www.sportcentric.com](http://www.sportcentric.com)

[www.inmagine.com](http://www.inmagine.com)

[www.buzzle.com](http://www.buzzle.com)

[www.livestrong.com](http://www.livestrong.com)

[www.teachpe.com](http://www.teachpe.com)

[www.wikipedia.com](http://www.wikipedia.com)

## ANNEX B

### Activity 3

LARWC	CRAWL
RETOSK	STROKE
TEFLURT KCKI	FLUTTER KICK
CAKB	BACK
TESFEYRLE	FREESTYLE
PLEADD	PADDLE
WITIUMSS	SWIMSUIT
GGLESOG	GOGGLES
SRDAOKBCKI	KICKBOARDS
LUPL YSBOU	PULL BUOYS
ELARYS	RELAYS
ELEYMDS	MEDLEYS
WMSMIRE	SWIMMER
PACS	CAPS
LOOP	POOL

### Activity 4

1 – 10 T