

Name: _____

Date: _____

Swimming Challenge



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
A. Butterfly B. Flutter-kick C. Breaststroke D. Crawl
- ___ 2. 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
A. Dolphin kick B. Flutter-kick C. Medley D. Breaststroke
- ___ 3. A stroke in which the swimmer is on his back performing a flutter-kick and rotating the arms alternately backward
A. Breaststroke B. Backstroke C. Flutter-kick D. Medley
- ___ 4. An event where the swimmers may use any stroke they choose, which typically is the crawl
A. Dolphin kick B. Crawl C. Freestyle D. Butterfly
- ___ 5. A kick, usually performed as part of the crawl, where the legs are held straight and moved up and down alternately
A. Breaststroke B. Flutter-kick C. Medley D. Butterfly
- ___ 6. A start in which one or more swimmers leaves the blocks before the starting signal
A. False start B. Medley C. Flutter-kick D. Butterfly
- ___ 7. A combination event in which a swimmer or relay team swims separate legs of backstroke, breaststroke, butterfly and freestyle
A. Medley B. Dolphin kick C. Breaststroke D. Backstroke
- ___ 8. A kick when the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession
A. Crawl B. Butterfly C. False start D. Dolphin kick
- ___ 9. A stroke made in the prone position characterized by alternate over arm movements and a continuous up-and-down kick
A. Backstroke B. Medley C. Crawl D. Freestyle