**Swimming Unit**

**Medical Assignment**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day:\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_

**Define/ describe the following terms:**

1. **Describe each stroke, then give detail on each component:**

Freestyle-

Body position-

Legs/Kick-

Arms-

Head position/breathing-

Backstroke-

Body position-

Legs/Kick-

Arms-

Head position/breathing-

Breaststroke-

Body position-

Legs/Kick-

Arms-

Head position/breathing-

Butterfly-

Body position-

Legs/Kick-

Arms-

Head position/breathing-

Sidestroke-

Body position-

Legs/Kick-

Arms-

Head position/breathing-

Elementary Backstroke-

Body position-

Legs/Kick-

Arms-

Head position/breathing-

1. **Define and thoroughly describe the following terms:**

Treading water-

Surface dive-

Wave less entry-

Stride jump-

Human chain-

Shepherds Crook-

Ring Buoy-

Rescue Tube-

Passive drowning victim-

Active drowning victim-

Reaching assist-

Throwing assist-

Extension assist-

Undertow-

1. **Answer the following questions:**

If someone is drowning the last thing you should do is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , and if you do make sure you have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with you.

List 10 Safety Rules to follow when swimming in a pool or open water-

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

1. **Draw a picture of 4 water safety items:**
2. ***Write a minimum of 15 sentences*- Why is this swimming unit/ and swim safety important? How will this knowledge benefit you and people you swim with?**

* **Can write on the back of paper**