

Name: _____

Date: _____

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 when 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

Backstroke	False start	Crawl	Medley
Butterfly	Breaststroke	Freestyle	Flutter-kick
Dolphin kick			