Crossword – Backstroke

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. |  |  | 2. |  |  |  |  |  |  |  |  |
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|  |  |  | 3. |  |  |  | 4. |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 5. |  | 6. |  |  |
|  |  |  | 8. |  |  |  |  |  |  |  |  |
|  | 7. |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 10. |  |  |  |  |  |
|  |  | 9. |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |



Across = Red Down = Blue

1. I push off the wall in a \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ position.
2. On backstroke my \_ \_ \_ \_ should always be in the water.
3. My shoulders should \_ \_ \_ \_ \_ \_.
4. I can use a \_ \_ \_ \_ \_ \_ turn to turn around at the end of the pool.
5. I should be on my \_ \_ \_ \_ when swimming backstroke
6. My hands must \_ \_ \_ \_ \_ the water before pulling down to my hip.
7. My tummy should be at the \_ \_ \_ \_ \_ \_ \_ of the water.
8. My kick helps to \_ \_ \_ \_ \_ \_ my body forwards.
9. My head needs to be back, facing to \_ \_ \_ \_ \_ \_ \_.
10. On my back it is important to swim in a straight \_ \_ \_ \_.