Crossword – Breaststroke

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1.S | Y | M | M | E | T | R | I | 2.C | A | L |  |
|  |  |  |  |  |  |  |  | O |  |  |  |
|  |  |  |  |  |  | 4.B |  | O |  |  |  |
|  |  |  |  |  |  | R |  | R |  |  |  |
|  |  |  |  |  | 3.B | E | N | D |  |  |  |
|  |  |  |  |  |  | A |  | I |  |  |  |
|  |  | 7.C | 8.H | E | S | T |  | N |  |  |  |
|  |  |  | I |  |  | H |  | A |  |  |  |
| 10.G |  |  | P |  |  | E |  | T |  | 6.W |  |
|  | E | G | S |  |  |  |  | I |  | H |  |
| I |  |  |  |  |  |  |  | O |  | I |  |
| D |  |  |  |  |  |  | 5.S | N | A | P |  |
| E |  |  |  |  |  |  |  |  |  |  |  |



Across = Red Down = Blue

1. Breaststroke is a \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ stroke.
2. One of the most difficult things to conquer is the \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ of breaststroke
3. \_ \_ \_ \_-Open-Snap.
4. You must \_ \_ \_ \_ \_ \_ \_ every stroke.
5. The \_ \_ \_ \_ is the most important part of the kick
6. The kick can also be referred to as a \_ \_ \_ \_ kick.
7. Your arms should only pull as far back as your \_ \_ \_ \_ \_.
8. Bend your legs towards your \_ \_ \_ \_.
9. Your \_ \_ \_ \_ help to propel you forwards.
10. Between strokes you \_ \_ \_ \_ \_ .