



SUBJECT: Physical Education & Health 4

TOPIC: AQUATICS (Different kinds of strokes)

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SEMESTER: 2nd

GRADE LEVEL: 12

WEEK: 5

LEARNING COMPETENCY

-Discuss the nature of different recreational activities (PEH12FH-IIa20);

SWIMMING STROKES

Swimming Strokes

- It is a method of moving the arms and legs to push against the water and propel the swimmer forward.

Different Types of Strokes

The different types of **swimming** styles and **strokes** mainly include the freestyle **stroke**, backstroke, breaststroke, butterfly **stroke**, and sidestroke. For competition, the versatility will allow **swimmers** to compete in multiple events. <https://swimjin.com>



A. BUTTERFLY

- The most difficult and exhausting stroke.
- The body is in a prone position.
- Involves the dolphin kick with a windmill-like movement of both arms in unison.
- When swimming competitively, the swimmer must not swim underwater. The only time a swimmer can swim underwater is the first stroke after the start and each turn.



How to do Butterfly strokes?

1. Palms facing outward
2. Fishtail or dolphin kick
3. Hands press down and outward
4. Downward thrust of kick is made by straightening knees and whipping feet downward
5. Arms are swung forward in a sweeping action

B. BREASTSTROKE

- The body is in a prone position.
- Involves frog kicking alternates with a simultaneous movement of the arms from a point in front of the head to shoulder level.
- When swimming competitively, the swimmer's head must be kept above the surface of the water at all times.

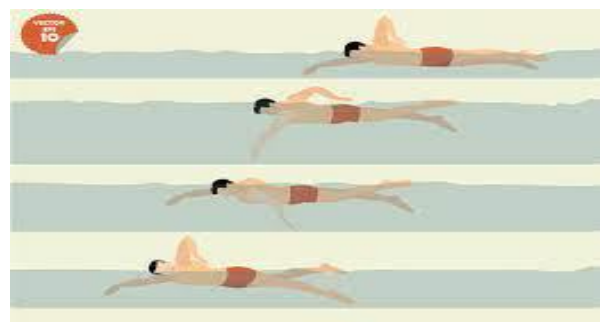


How to do breaststroke?

1. Arms extended forward, hands are pulled to the side
2. Hands retain sculling action as they start coming forward near the end of pull
3. Legs are drawn up for frog kick
4. Hands are thrust forward
5. Frog kick, feet thrust backward and legs squeezed together

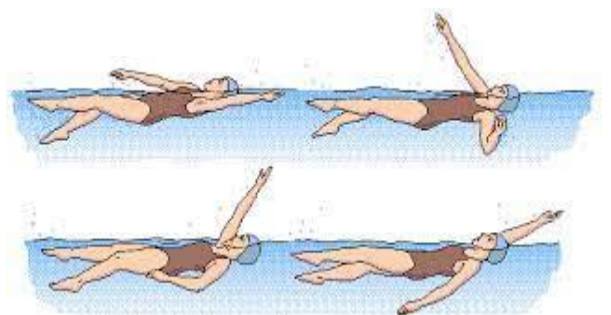
C. FREESTYLE

- Swimming where any stroke is used.
- When swimming competitively, only 15 meters can be spent underwater from the start or from each turn.



D. BACKSTROKE

- Involves alternate over-the-head arm stroke and a flutter kick in a supine position.
- When swimming competitively, only 15 meters can be spent underwater from the start or from each turn.



MISSION

Activity 5.1

Instructions: In a short bond paper, kindly choose one kind of swimming stroke and give at least five advantages and disadvantages of it base on your own experience. (15points)

Name of Swimming Stroke:	
ADVANTAGES	DISADVANTAGES

Summary/Synthesis

There are four typical strokes in swimming: butterfly, backstroke, breaststroke and freestyle. Each of the four strokes has its own technical aspects and recruits separate muscles.

REFERENCES:
https://www.google.com/search?rlz=1C1CHBF_en-gbPH922PH922&ei=vEe3X9fLL6KVR7wPopOp4AM&q=swimming+recreational+activities&oq=SWIMMING&gs_lcp=CgZwc3ktYWIQARgCMgcIABCxAXBDMgcIABCxAXBDMgQIABBDMgQIABBDMgQIABBDMgcIABCxAXBDMgcIABCxAXBDMgQIABBDMggIABCxAXCDATIICAAQsQMqgwE6DggAE0oCELQCEJoBEOUCOgcIABDJAXBD0gUIABCxAzoLCC4QsQMqxwEQowl6BwguELEDEENQ2wxY3yRgtjZoAXABeACAAyQCiAGdCplBBTEuNS4ymAEAoAEBqgEHZ3dzLXdpereABBsABAQ&sclient=psy-ab



PHYSICAL EDUCATION AND HEALTH 4

S.Y 2023-2024

Name: _____

Quarter: _____

Yr. & Sec: _____

Teacher: _____

ASSESSMENT- WEEK 5

Test I. Multiple Choices!!

Instructions: Read the questions carefully and choose the best answer. Encircle the letter of the correct answer.

1. It is the most difficult and exhausting stroke.
 - a. Breaststroke
 - b. Butterfly
 - c. Freestyle
 - d. Backstroke
2. Involves the dolphin kick with a windmill-like movement of both arms in unison.
 - a. Breaststroke
 - b. Butterfly
 - c. Freestyle
 - d. Backstroke
3. It involves frog kicking alternates with a simultaneous movement of the arms from a point in front of the head to shoulder level.
 - a. Swim Stroke
 - b. Back Stroke
 - c. Swimming Stroke
 - d. Breaststroke
4. It involves alternate over-the-head arm stroke and a flutter kick in a supine position.
 - a. Breaststroke
 - b. Butterfly
 - c. Freestyle
 - d. Backstroke
5. What are the four strokes of swimming?
 - a. Floating, freestyle, Breaststroke, Backstroke
 - b. Bubble nose, crawl, frog style, deep
 - c. Backstroke, Freestyle, Butterfly, Breaststroke
 - d. Floating, freestyle, Breaststroke, Backstroke

Test II.

ESSAY: Answer the question to the best of your knowledge. It must compose of three to five sentences. Write your answer o space provided. (5 points)

1. What is the essence of having a knowledge about swimming strokes?