

Ly Tu Trong secondary school Tam Ky- Quang nam

(The brief translation about technique of crawling swimming)

Theme:

TECHNIQUE OF CRAWLING SWIMMING

Teaching plan:

- Object: The students of 6 grade
- Course time: 16 weeks
- Class time: 6 a.m on Thursday and Sunday

Part I. Teach techniques and check on land (4 weeks)

Part II. Practice: (16 weeks)

- 1/Get familiar with the water
- 2/Practice swimming
- 3/Practice techniques about legs
- 4/Practice techniques about arms
- 5/Unite of arms and legs
- 6/Practice techniques in breathing co-ordinating.
- 7/Complete scrawling swimming technique
- 8/Estimate swimming drill of children

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