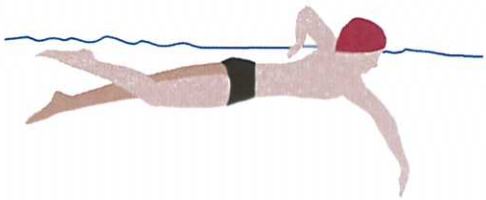
Strokes Expected Standards

Swim England

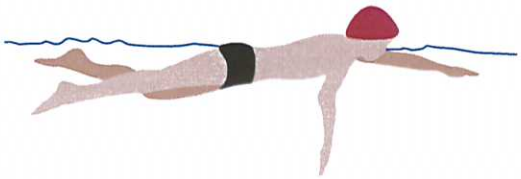
Front Crawl

Body flat, eyes look forward and down.

Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls.

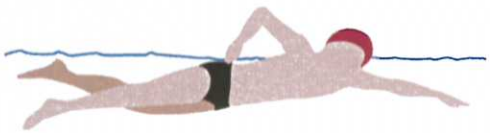


Arm recovery is an easy, relaxed action with the elbow higher than the hand.



Arm pushes back, head starts to turn ready for breathing.

Head turns to side to breathe in.



The face turns back into the water as soon as the breath is taken to breathe out under water.

Backstroke

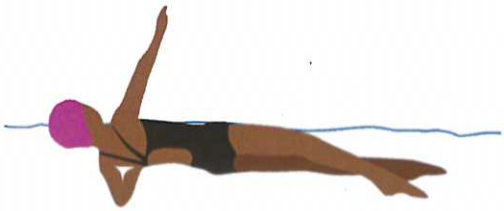
Little finger enters water first. The arm is straight.

When the arm is at shoulder level, the elbow bends, arm pulls sideways and body rolls.

Aim for a flat body position, with head back and eyes looking upwards.

The arm and leg actions are continuous.

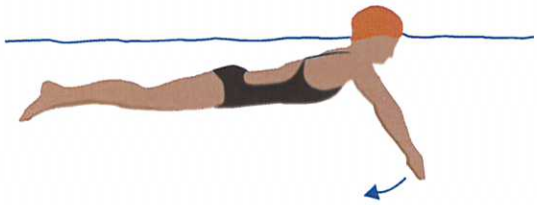
Breathe out as one arm recovers and breathe in as the other recovers.



The recovering arm points straight up.

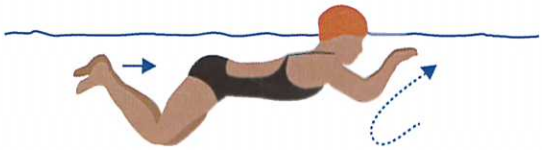
Breaststroke

Body is streamlined but at a small angle, eyes look forward and down.



Arms pull to side back and down, hands stay in front of shoulders.

Breathe out and take a breath quickly.



As the arms complete their action, the legs are drawn up.

As arms push forward, legs drive back with feet turned out.

Hold a short glide before the next stroke.

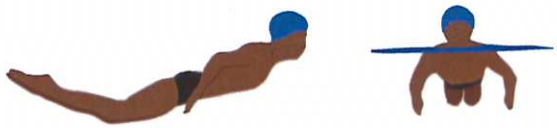
Butterfly

Hands pull down, lower leg pushes down with toes pointed.

Arms pull wide with the head looking forward.

Legs push up, hips push down and hands move in under shoulders.

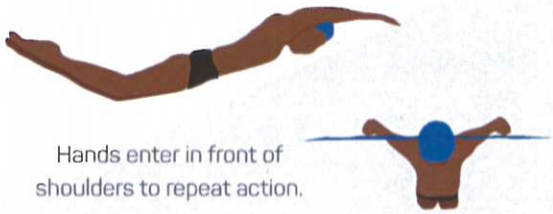
Legs continue upward movement, hips push down, hands move in under body and head comes up out of water.



Legs begin downward movement, hands push back at side of hips, and head clears water.

Arms begin recovery over the water with the head thrusted forward to breathe.

Arms come over straight and wide with face down in water.



Hands enter in front of shoulders to repeat action.