

Aquatics Dry Land Checklist

Freestyle Kicking

Activity:

Sit on the edge of a chair with legs stretched out nice and long. Move legs in a continuous motion.

Assessment:

- ____: Long loose legs
- ____: Fast floppy feet
- ____: Kick from the hip
- ____: Keep feet close together
- ____: Pointy toes like a ballerina
- ____: Sitting upright at all times

Freestyle Arm Action

Activity:

Start in standing position. Next, bend at the waist. Finally, begin freestyle alternating arm movement.

Assessment:

- ____: Big slow arm circles
- ____: Keep head still, rotate body to assist recovery
- ____: Reach arms out front
- ____: Fingertips below wrist, wrist below elbow
- ____: Pull with palm of hand and forearm
- ____: Eyes looking down and ahead
- ____: Hand slides downward and forward as if catching the water
- ____: Consistently keep arms moving