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| **START** |  |  |  | **???** |  |  | **SHOW ME…** |  | **???** |  |  |  |
|  | A picture containing drawing  Description automatically generated | | | | | | | | | | |  |
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| **???** |  |
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| **SHOW ME…** | **SHOW ME…** |
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|  |  | **???** |  |  | **SHOW ME…** |  | **???** |  |  |  |  | **???** |

BOARD GAME

**Rules**

* Who can complete the board first?
* To start the game, you must roll a 6 to get onto the board.
* Roll a dice to determine how many spaces forwards you should move.
* If you land on a ‘???’ you must answer a question. Ask another player to read you a question from the list below, you will have a choice of an easy, medium, or hard question. Should you answer a question wrong, you may have to move backwards, miss a go, or answer another question.
* If you land on a ‘SHOW ME..’ you must demonstrate one of the four swim strokes.
* The player to make it all the way round the board first, wins.

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| EASY | MEDIUM | HARD |
| Q - Name 1 of the 4 strokes A – Front Crawl, Backstroke, Breaststroke or Butterfly  Wrong Answer = move back 1 space | Q – Where should you breathe to on front crawl? A – The side  Wrong Answer = move back 1 space | Q – Why is it important to breathe bi-laterally? A – Helps balance the body Wrong Answer = move back 1 space |
| Q – What stroke do you swim on your back? A – Backstroke Wrong Answer = miss a go | Q – What must rotate when swimming backstroke? A – Shoulders Wrong Answer = miss a go | Q – Butterfly and Breaststroke are both \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ strokes. A – Simultaneous Wrong Answer = miss a go |
| Q – What do you wear on your eyes when swimming? A – Goggles Wrong Answer = answer another question | Q – List the order of an individual medley. A – Butterfly, Backstroke, Breaststroke, Front Crawl Wrong Answer = answer another question | Q – What is the breaststroke sequence? A – Pull-Breathe-Kick-Glide Wrong Answer = answer another question |
| Q – Which stroke uses Bend-Open-Snap? A – Breaststroke Wrong Answer = move back 3 spaces | Q – How often is it recommended to breathe on front crawl? A – Every 3 strokes Wrong Answer = move back 3 spaces | Q – What should your body do through the water when swimming butterfly? A – Undulate Wrong Answer = move back 3 spaces |
| Q – How may strokes do you swim on your tummy? A – 3 Wrong Answer = miss a go | Q – What part of your arm should enter the water first on butterfly? A – Fingertips  Wrong Answer = miss a go | Q – Why do you need to exit the water with a high elbow on front crawl? A – To enable a further reach Wrong Answer = miss a go |
| Q – True or False. It is safe to jump into a busy swimming pool. A – False Wrong Answer = answer another question | Q – Where do you need to pull your arms too when swimming breaststroke? A – Chest Wrong Answer = answer another question | Q – True or False. A straddle entry is a safe way to enter the water. A – True Wrong Answer = answer another question |
| Q – True or False. You must use both arms at the same time when swimming backstroke. A – False Wrong Answer = move back 2 spaces | Q – What must be over the edge of the pool before you jump or dive in? A – Toes Wrong Answer = move back 2 spaces | Q – True or False. Breaststroke is the most technical stroke. A – True Wrong Answer = move back 2 spaces |
| Q – What must you do every time you push off the wall? A – Push and Glide/Rocket  Wrong Answer = miss a go | Q – True or False. You should enter the water with your thumb first on backstroke. A – False  Wrong Answer = miss a go | Q – What is the recommended breathing rate on butterfly? A – Every 2 strokes Wrong Answer = miss a go |
| Q – What stroke uses dolphin kick? A – Butterfly Wrong Answer = answer another question | Q – True or False. A whip kick is a faster breaststroke kick. A – True Wrong Answer = answer another question | Q – What order are the strokes performed in a Medley relay? A – Backstroke, Breaststroke, Butterfly, Front Crawl Wrong Answer = Answer another question |

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| Q – Where must you look when swimming front crawl? A – Forwards Wrong Answer = move back 1 space | Q – You should always push off the wall in a \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ position. A – Streamline Wrong Answer = move back 1 space | Q – What is the benefit of a streamline position? A - presents very little resistance to the flow of water, increasing speed and ease of movement. Wrong Answer = move back 1 space |
| Q – What should your arms brush past when swimming backstrokes? A – Ears Wrong answer = miss a go | Q – Between each breaststroke stroke you should do what? A – Glide Wrong Answer = miss a go | Q – Name a racing dive A – Track start or grab start Wrong Answer = miss a go |
| Q – What stroke must you keep your legs together when kicking? A – Dolphin/butterfly Kick Wrong Answer = answer another question | Q – Name 2 strokes that you must finish with 2 hands touching the wall. A – Butterfly and Breaststroke Wrong Answer = answer another question | Q – What is the phase of the stroke called when your arms are moving under the surface of the water? A – Propulsion Wrong Answer = answer another question |
| Q – What must you blow when your head is underwater? A – Bubbles Wrong Answer = move back 2 spaces | Q – Where should the kick come from across all strokes? A – Hips Wrong Answer = move back 2 spaces | Q – What are you expected to do when you push off the wall before going into your front crawl stroke? A – Butterfly kicks Wrong Answer = move back 2 spaces |
| Q – What should your legs do all the time when swimming? A – Kick Wrong Answer = miss a go | Q – What stroke requires that most strength and power? A – Butterfly | Q – How many lengths make up 1 mile in a 25-metre pool? A – 64 Wrong Answer = miss a go |
| Q – Name 1 type of float. A – Mushroom/star Wrong Answer = answer another question | Q – Name at least 3 key points of front crawl kick. A – kick from hips/point toes/kick up and down/straight legs/kick fast/create small splashes  Wrong Answer = answer another question | Q – Which of the following would result in disqualification during a breaststroke race?  a) two hand touch at the finish b) more than one dolphin kick off the wall c) breathing every stroke A – b Wrong Answer = answer another question |

**Preparation/What you will need**

* 1 dice
* 2-4 counters (depending on number of players
* Cut out the questions and place them in 3 piles – easy, medium, hard