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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 strokesA – Front Crawl, Backstroke, Breaststroke or Butterfly Wrong Answer = move back 1 space | Q – Where should you breathe to on front crawl?A – The sideWrong Answer = move back 1 space | Q – Why is it important to breathe bi-laterally?A – Helps balance the bodyWrong Answer = move back 1 space |
| Q – What stroke do you swim on your back?A – BackstrokeWrong Answer = miss a go | Q – What must rotate when swimming backstroke?A – ShouldersWrong Answer = miss a go  | Q – Butterfly and Breaststroke are both \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ strokes.A – SimultaneousWrong Answer = miss a go |
| Q – What do you wear on your eyes when swimming?A – GogglesWrong Answer = answer another question | Q – List the order of an individual medley.A – Butterfly, Backstroke, Breaststroke, Front CrawlWrong Answer = answer another question | Q – What is the breaststroke sequence?A – Pull-Breathe-Kick-GlideWrong Answer = answer another question |
| Q – Which stroke uses Bend-Open-Snap?A – BreaststrokeWrong Answer = move back 3 spaces | Q – How often is it recommended to breathe on front crawl?A – Every 3 strokesWrong Answer = move back 3 spaces | Q – What should your body do through the water when swimming butterfly?A – UndulateWrong Answer = move back 3 spaces |
| Q – How may strokes do you swim on your tummy?A – 3Wrong 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 reachWrong Answer = miss a go |
| Q – True or False. It is safe to jump into a busy swimming pool.A – FalseWrong Answer = answer another question | Q – Where do you need to pull your arms too when swimming breaststroke?A – ChestWrong Answer = answer another question | Q – True or False. A straddle entry is a safe way to enter the water.A – TrueWrong Answer = answer another question  |
| Q – True or False. You must use both arms at the same time when swimming backstroke.A – FalseWrong Answer = move back 2 spaces | Q – What must be over the edge of the pool before you jump or dive in?A – ToesWrong Answer = move back 2 spaces | Q – True or False. Breaststroke is the most technical stroke.A – TrueWrong Answer = move back 2 spaces |
| Q – What must you do every time you push off the wall?A – Push and Glide/RocketWrong Answer = miss a go | Q – True or False. You should enter the water with your thumb first on backstroke.A – FalseWrong Answer = miss a go | Q – What is the recommended breathing rate on butterfly?A – Every 2 strokesWrong Answer = miss a go |
| Q – What stroke uses dolphin kick?A – ButterflyWrong Answer = answer another question | Q – True or False. A whip kick is a faster breaststroke kick.A – TrueWrong Answer = answer another question | Q – What order are the strokes performed in a Medley relay?A – Backstroke, Breaststroke, Butterfly, Front CrawlWrong Answer = Answer another question |

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| Q – Where must you look when swimming front crawl?A – ForwardsWrong Answer = move back 1 space | Q – You should always push off the wall in a \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ position.A – StreamlineWrong 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 – EarsWrong answer = miss a go | Q – Between each breaststroke stroke you should do what?A – GlideWrong Answer = miss a go | Q – Name a racing diveA – Track start or grab startWrong Answer = miss a go |
| Q – What stroke must you keep your legs together when kicking?A – Dolphin/butterfly KickWrong Answer = answer another question | Q – Name 2 strokes that you must finish with 2 hands touching the wall.A – Butterfly and BreaststrokeWrong 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 – PropulsionWrong Answer = answer another question |
| Q – What must you blow when your head is underwater?A – BubblesWrong Answer = move back 2 spaces | Q – Where should the kick come from across all strokes?A – HipsWrong 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 kicksWrong Answer = move back 2 spaces |
| Q – What should your legs do all the time when swimming?A – KickWrong 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 – 64Wrong Answer = miss a go |
| Q – Name 1 type of float.A – Mushroom/starWrong 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 splashesWrong Answer = answer another question | Q – Which of the following would result in disqualification during a breaststroke race?a) two hand touch at the finishb) more than one dolphin kick off the wallc) breathing every strokeA – bWrong 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