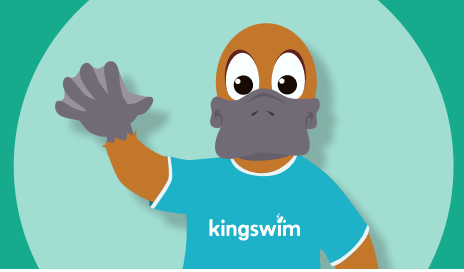


ACTIVITY SHEET: SINGLE ARM BREATHING



INTERMEDIATE - This is a great way to practice your single arm breathing at home!

Why focus on your breathing

This skill is introduced in K4-K5 at Kingswim, and is an essential skill for intermediate swimmers to continue to practice.

Breathing is very important in swimming and this skill helps to control your head position, ensuring you have a streamlined stroke.

Steps - Single arm breathing

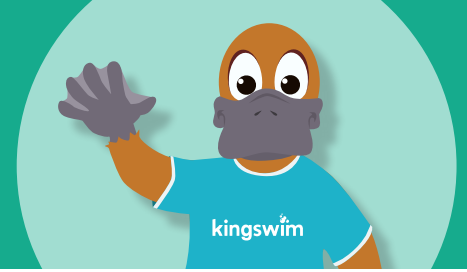
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Breathing is very important in swimming and this skill helps to control your head position, ensuring you have a streamlined stroke.

- 1** Lay flat on your tummy on the edge of couch or bed. Lay on the couch or bed so that your preferred breathing arm is on the outer edge.
- 2** Extend both arms out in front of you and start in the eyes down position.
- 3** As your preferred breathing arm starts to pull downward, turn your head to the side and breathe in (with your ear resting on your shoulder).
- 4** With your head in the breathing position, continue to push your arm all the way back until your thumb touches your leg.



ACTIVITY SHEET: SINGLE ARM BREATHING



- 5 Raise your elbow, with your hand hanging in a relaxed position, thumb in line with the tip of your elbow (scarecrow arm).
- 6 Maintain your scarecrow arm position as you begin to move your arm forward.
- 7 Lead with your forearm as your arm moves forward.
- 8 As your hand moves past your face and eyes, turn your head to the face down position and exhale.
- 9 Continue to move your arm forward in front of your shoulder until it is straight.
- 10 Exhale and blow your bubbles.
- 11 With both arms straight out in front of you and your head down, pause in this position for three seconds.
- 12 Repeat steps 1 - 11 around 10 times.



Remember

- Don't lift your head - turn it.
- Don't look forward.
- Make sure your thumb pushes all the way back to your leg.
- Once your thumb has touched your leg, focus on lifting your elbow up nice and high to make a scarecrow arm, your hand should be relaxed.
- Make sure your scarecrow arm has:
 - High elbows with your fingers down.
 - Hand hanging loosely from elbow.
 - Thumb should be in line with the tip of your elbow.
- Breathing - exhale slowly!