**Breaststroke Video Analysis**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Watch your breaststroke video that I emailed you. Then watch the video of a “professional swimmer”. It is the second to the last video on the** [**videos page**](https://sites.google.com/a/williamsburg.k12.ia.us/peswimming/swimming/videos) **of my website. Analysis your stroke compared to the professional swimmer.**

**For each category compare your swimming stroke to the professional’s stroke. Write down any differences and/or similarities you see. Answer the questions after you have made your comparisons.**

**Arms:**

**Kick:**

**Breathing/Head Placement:**

**Coordination/Whole Body (pull, breathe, kick, glide):**

**What can you do to fix any problems that you see? Why is it important to make those changes?**

**Were you surprised by what you saw in your video? Did you think that you were doing better or worse?**