# Backstroke Worksheet

**Question** | **Answer**
---|---
1. In backstroke the arms move XXX | One at a time up and down, little finger first
2. Your eyes should look XXX | still
3. Your head should be kept XXX | pointed
4. Your toes should be kept XXX | streamlined
5. Your hands enter the water XXX | towards the feet
6. Your hand pushes the water XXX | upwards and backwards
7. Your body should be flat and XXX | 
8. Your legs kick XXX | 

**Answers to choose from:**

<table>
<thead>
<tr>
<th>One at a time</th>
<th>up and down</th>
<th>pointed</th>
<th>towards the feet</th>
</tr>
</thead>
<tbody>
<tr>
<td>little finger first</td>
<td>still</td>
<td>streamlined</td>
<td>upwards and backwards</td>
</tr>
</tbody>
</table>