



## Core Strength: Swimmer

### Equipment:

Yoga mat x2.

### Set-up:

Place both yoga mats on floor parallel to one another.

### Description:

The student will lay prone on the ground, arms outstretched in front and legs straight behind. The activity involves straight leg kicks while moving the arms in a front crawl motion.

### Instructions:

The student is required to perform swimming technique for as long a duration as they can without a break in leg or arm motion. Students will begin activity on coach's command and the student who lasts the longest will be declared the winner.

### Scoring:

Student who wins most match-ups scores a 3. Runner-up scores a four. All other students score a 5.

