

★ATHLETE SPOTLIGHTS★

BACKSTROKE



KATHLEEN BAKER

Kathleen has earned 2 Olympic Medals

1 Gold and 1 Silver

Watch her race:

<https://www.youtube.com/watch?v=ehWkxTbEebo>

★RYAN MURPHY

Ryan has earned 3 Olympic Gold Medals

Watch him race:

<https://www.youtube.com/watch?v=HIB3noj2xsl>

BACKSTROKE QUESTIONS:

1. At the start what did you notice?
2. Are the swimmers flat on their back or does their body rotate?
3. Do their arms ever stop moving?
4. Are their arms “opposite” or “catching” each other?
5. Where are their feet?
6. Are they kicking fast or slow?
7. Does their head move at all?
8. Do you notice anything different between these two races?

