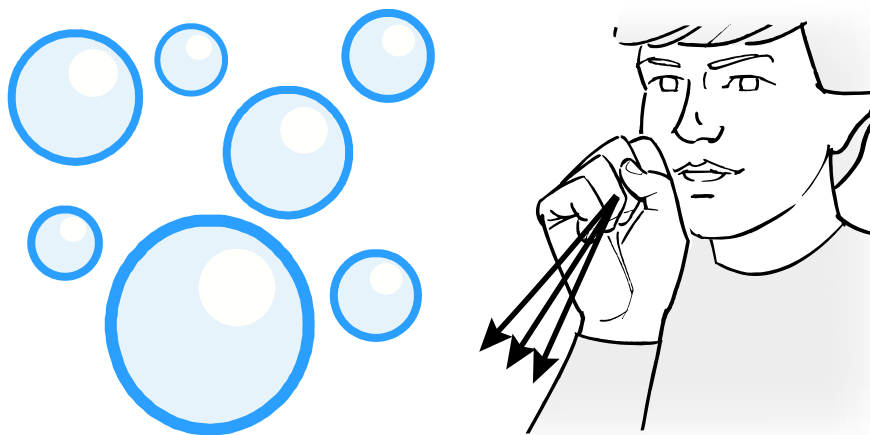
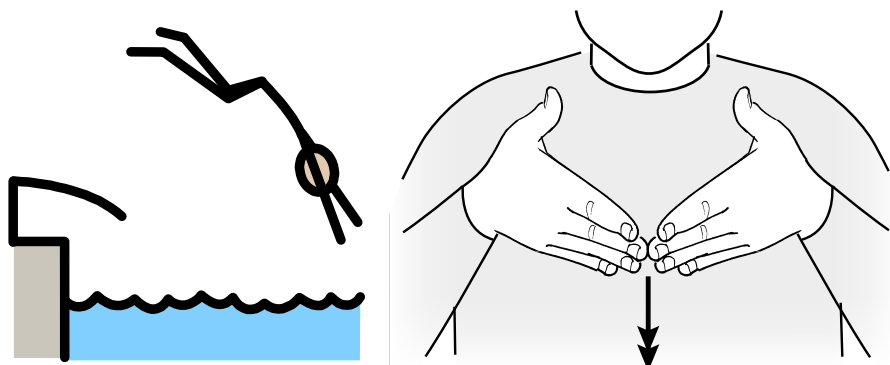


andas

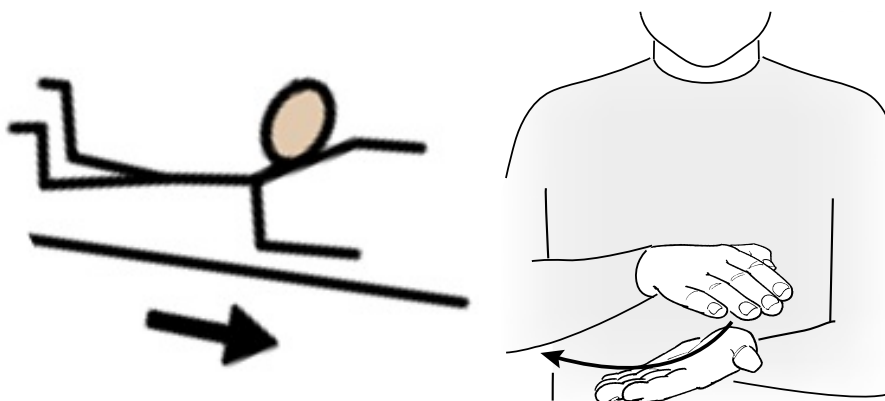


bubbla





dyka



glida



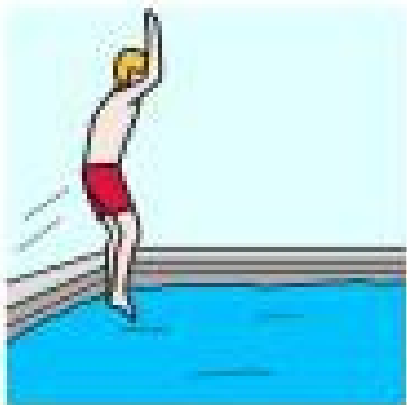


skjuta ifrån

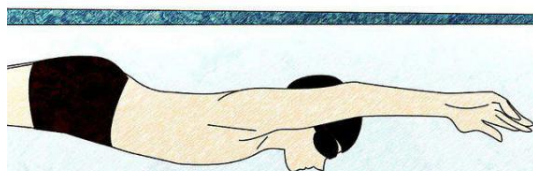


skjuta ifrån





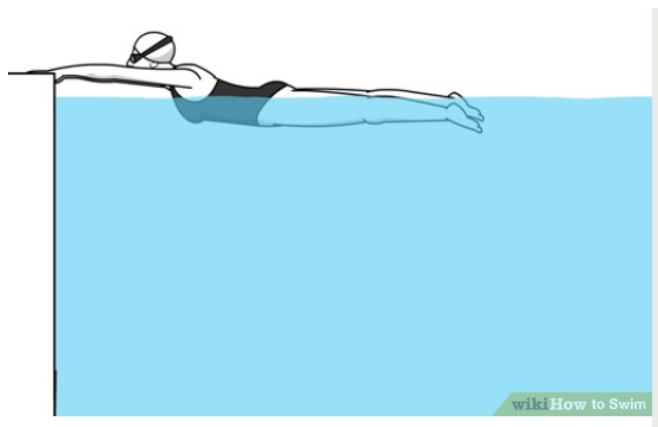
hoppa



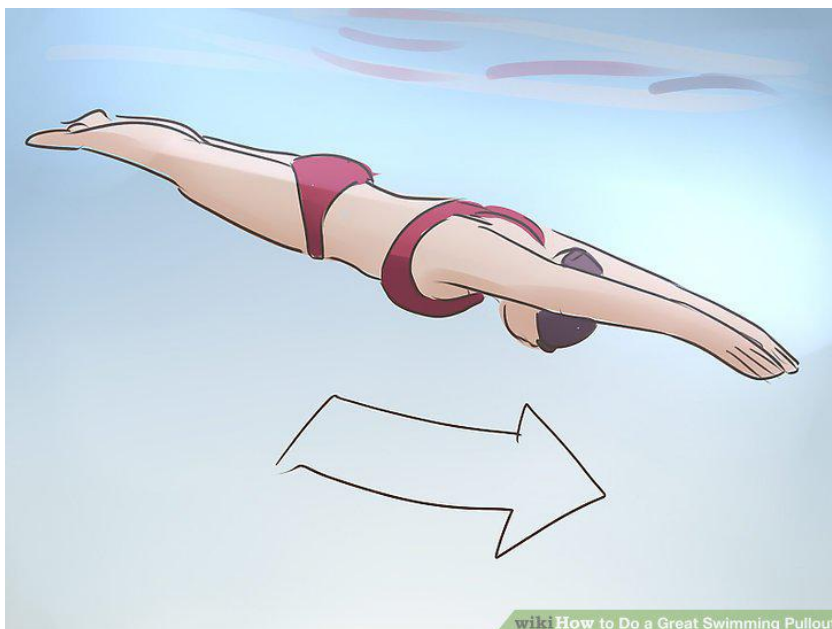
113 How to Do an Open Turn in Swimming

gå i mål



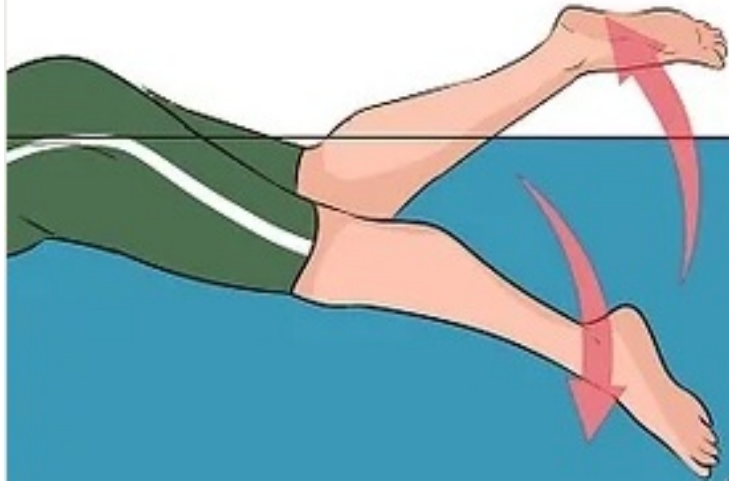


hålla i kanten



pilen





sparka

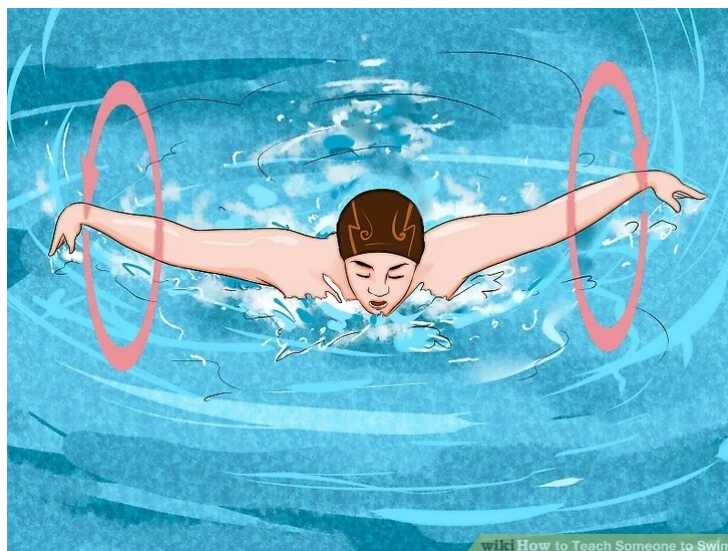


bröstsims



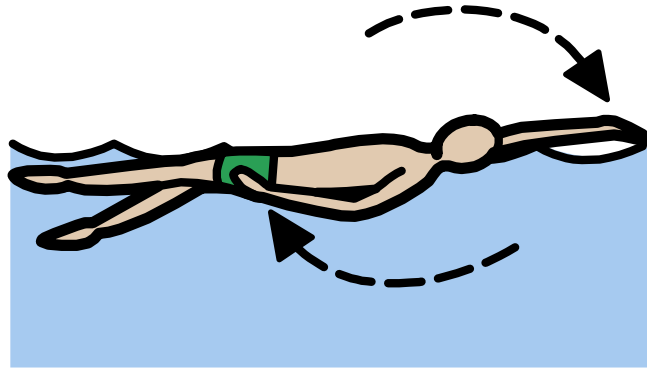


frisim



fjärilssim





ryggsim

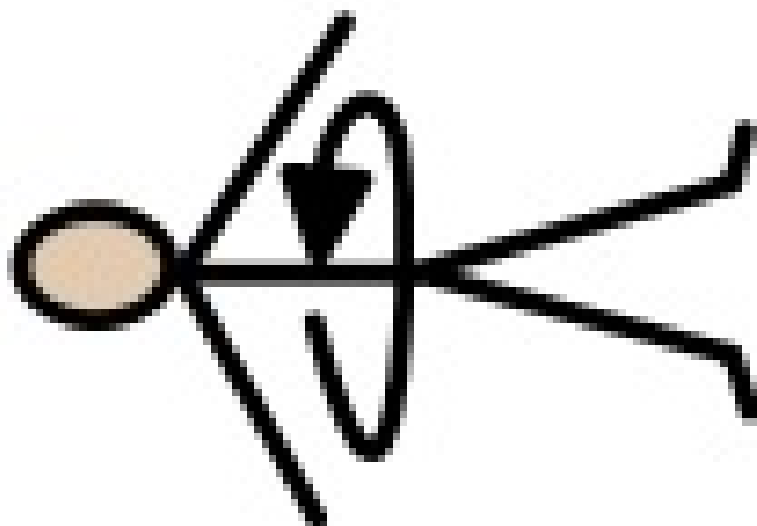


snurra

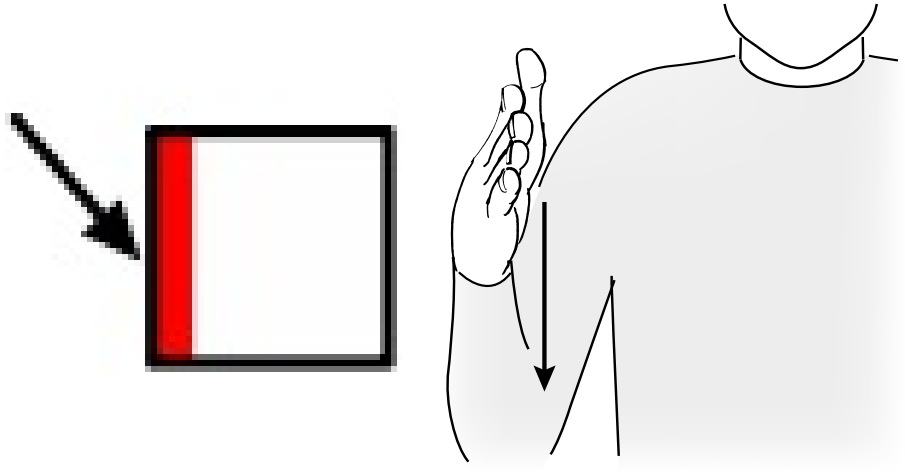




vrida

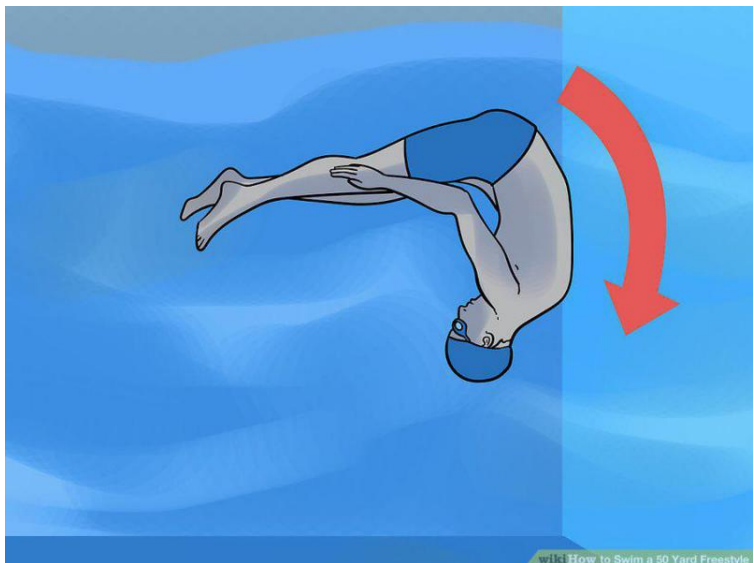


vrida



The illustration shows a square wall with a red vertical stripe on the left side. An arrow points from the left towards the wall. To the right, a hand is shown with the index finger pointing down towards the wall. Below the illustration, the word "vägg" is written in a large, bold, black font.

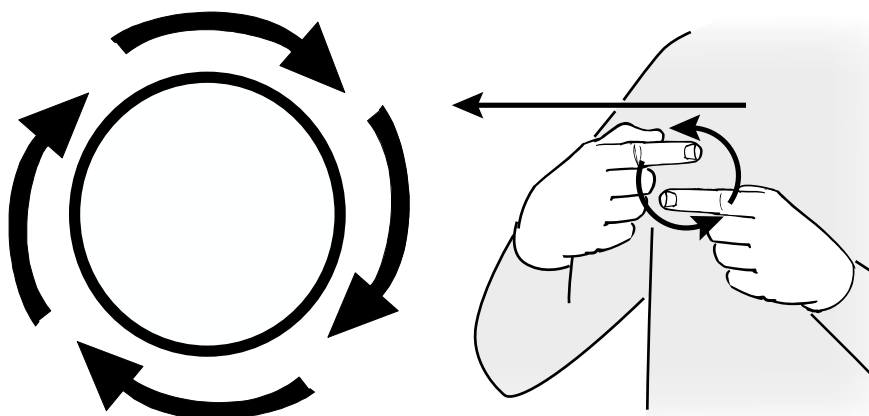
vägg

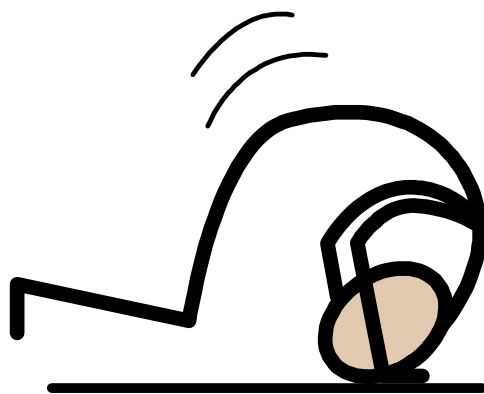
The illustration shows a person in a blue swimsuit performing a backflip in a pool of blue water. A large red curved arrow indicates the rotation of the body. Below the illustration, the word "volt" is written in a large, bold, black font.

volt





volt

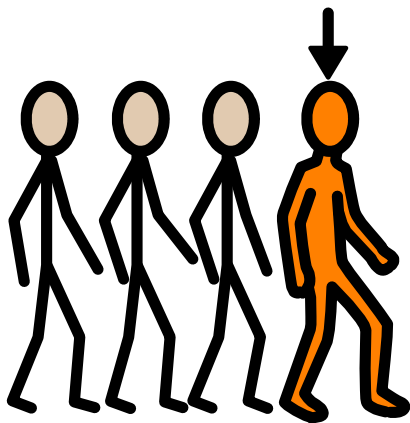


volta



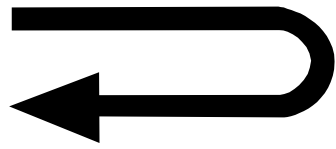


voltvändning



stå på led



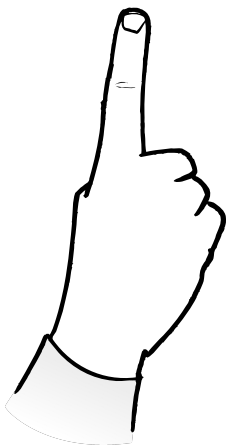


tillbaka

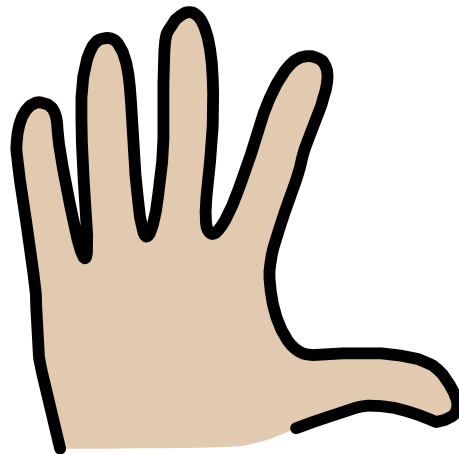


RitadeTecken ©Specialpedagogiska skolmyndigheten

Widgitsymboler © Widgit Software/Hargdata 2017

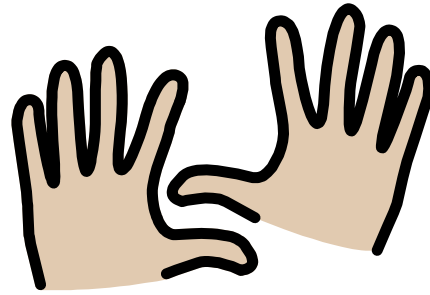


1



hand



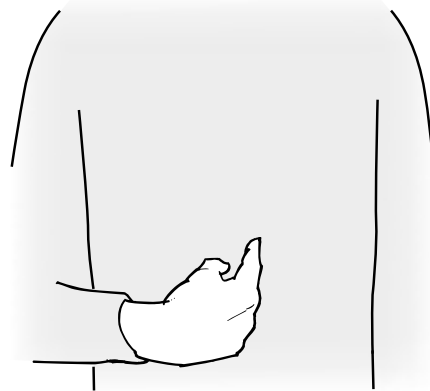
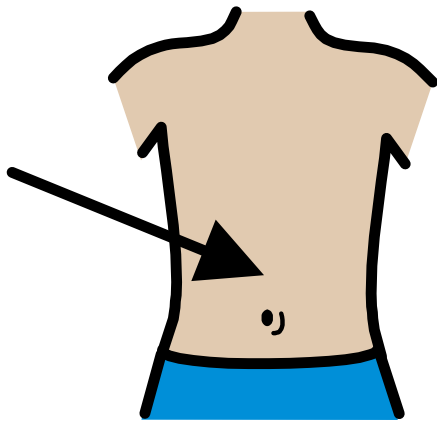


2

händer

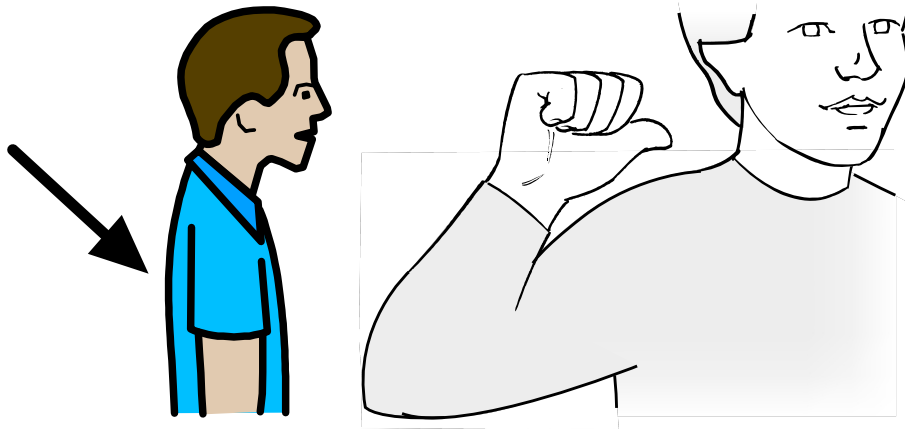


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mage

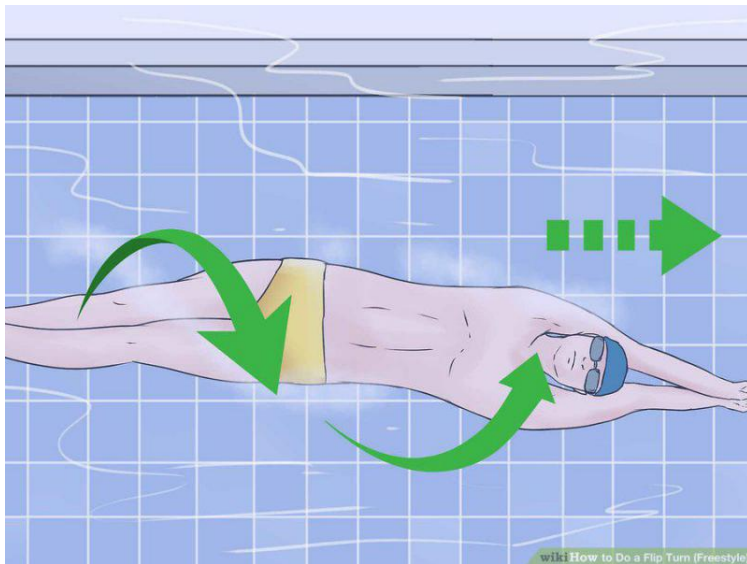




rygg

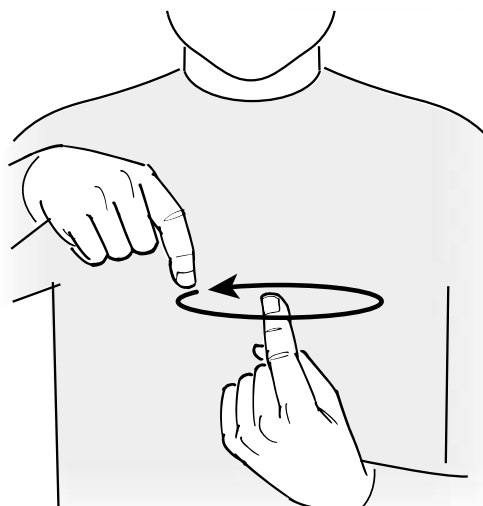
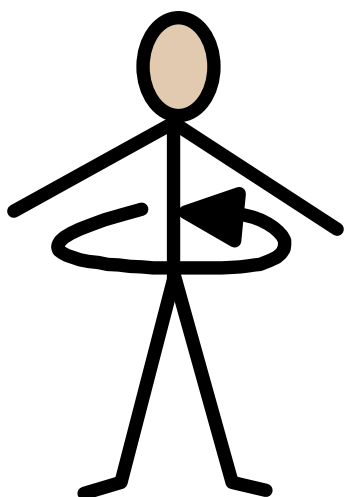


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snurra

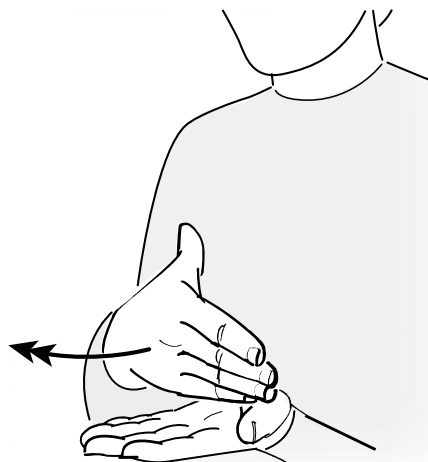
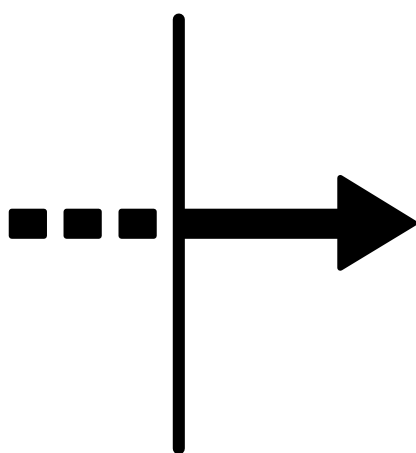




snurra



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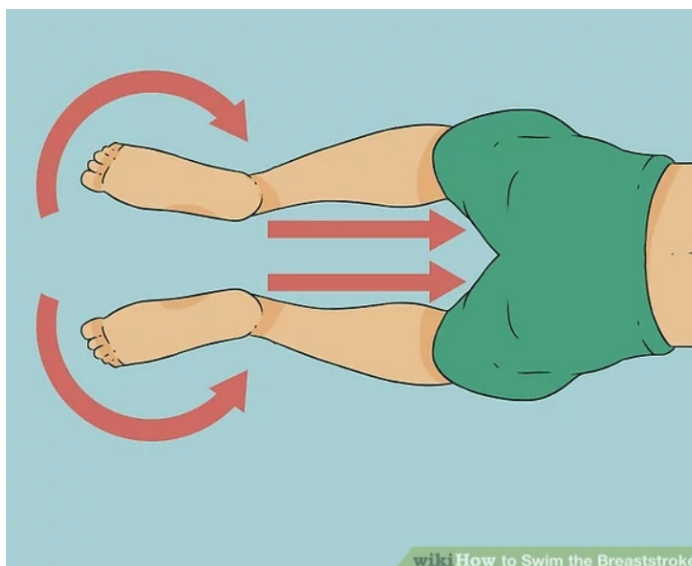


fortsätt



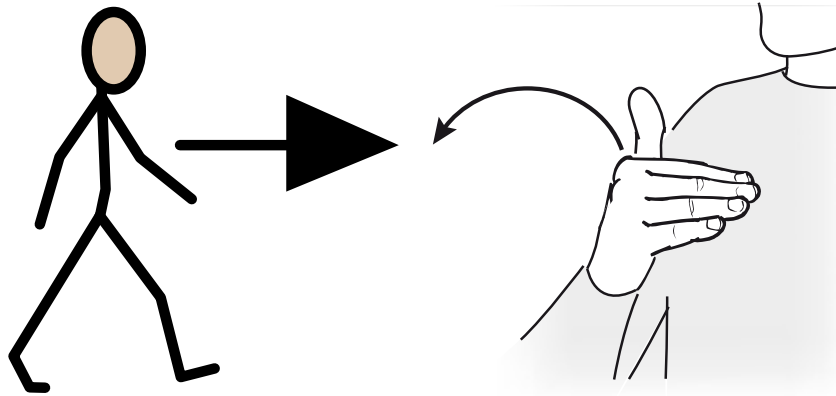


armtag

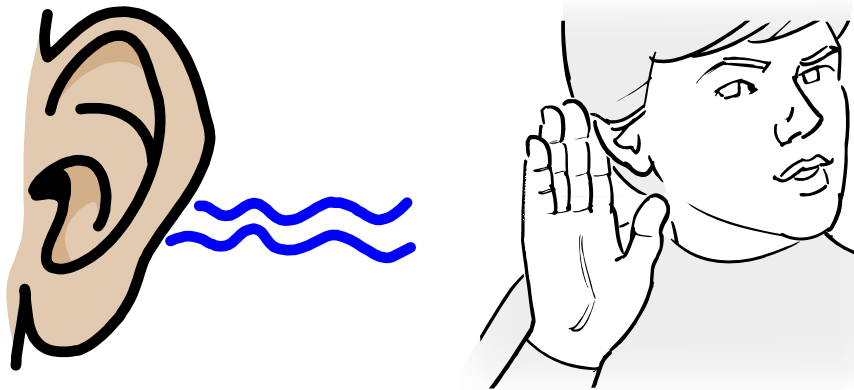


bentag



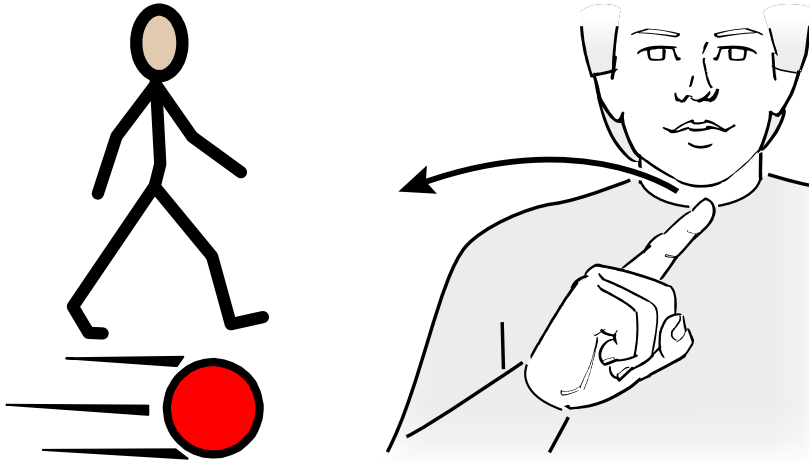


framåt

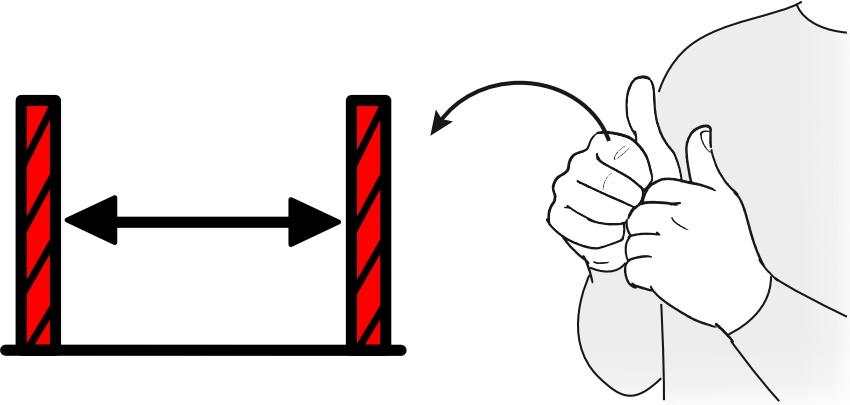


lyssna



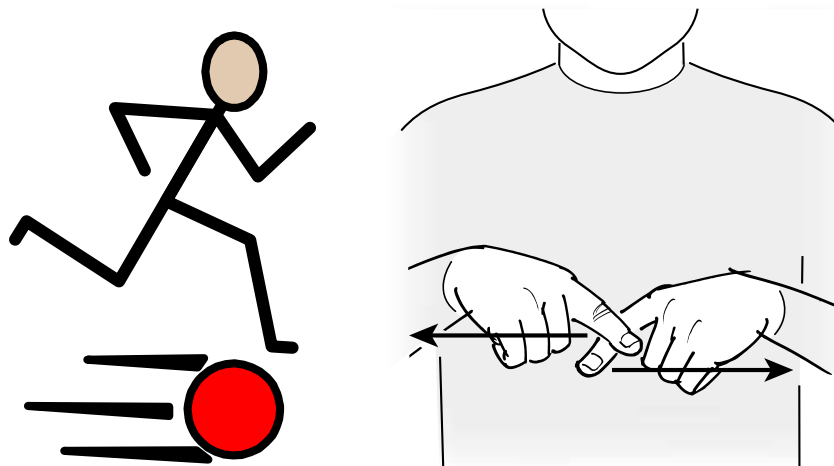


långsamt

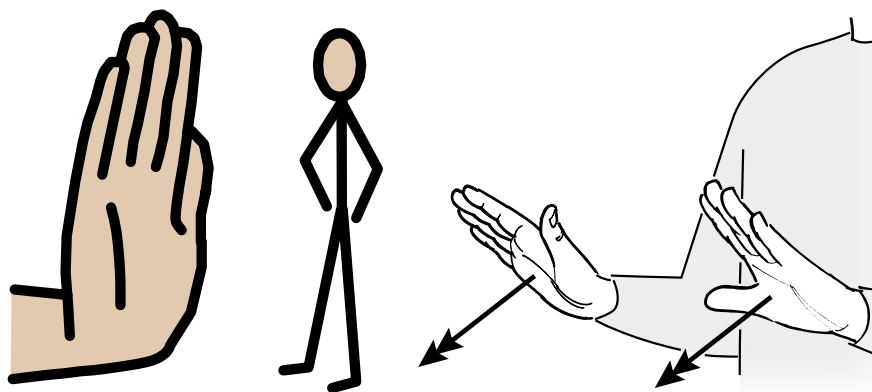


längder



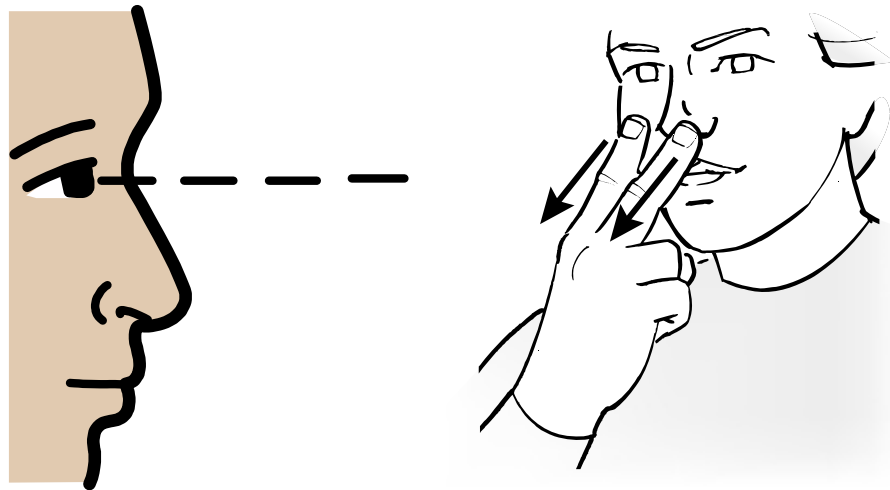


snabbt

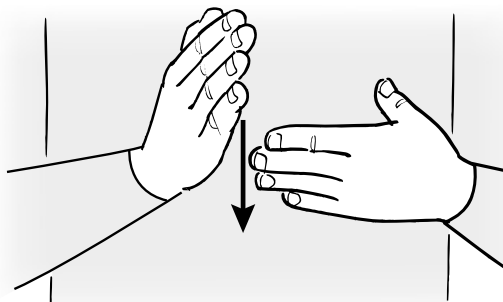
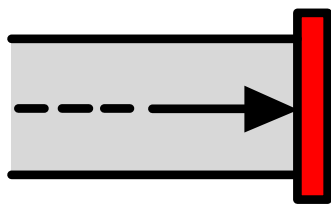


stanna





titta



sluta

