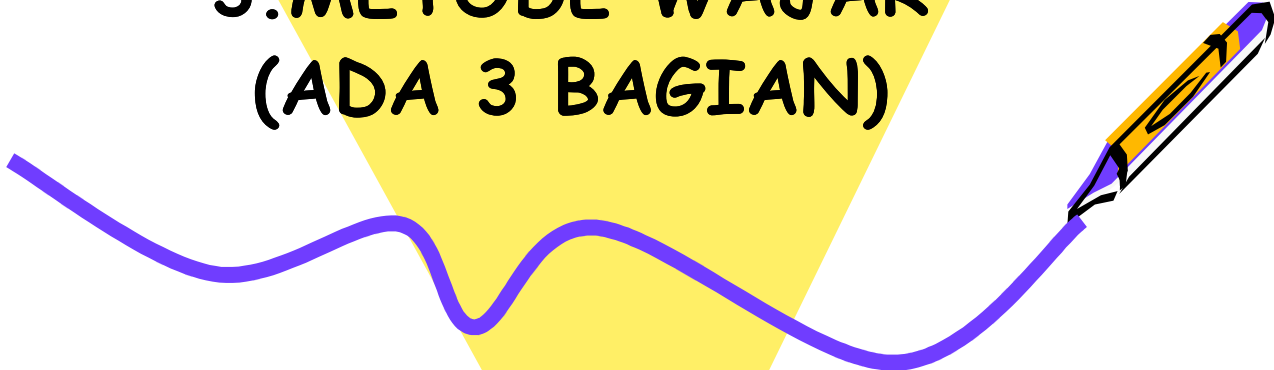
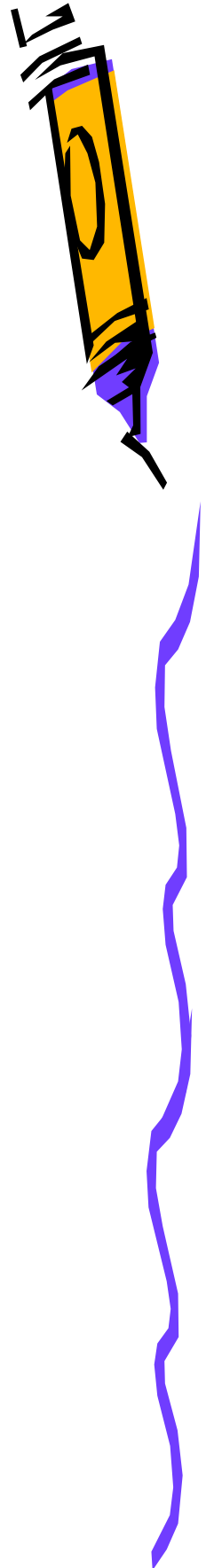




# **METODIK PENGAJARAN RENANG**

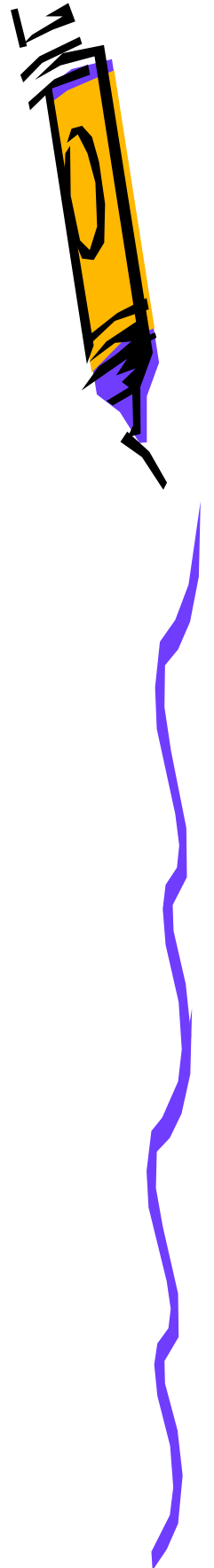
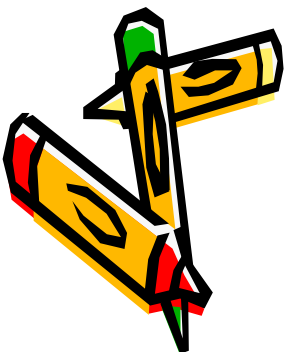
- 1. PELAJARAN RENANG  
DI DARAT**
  - 2. PELAJARAN RENANG  
DENGAN MEMAKAI  
ALAT2 PEMBANTU**
  - 3. METODE WAJAR  
(ADA 3 BAGIAN)**
- 

➤ **PENGENALAN  
AIR SECARA  
TIDAK  
LANGSUNG:  
LOMBA LARI  
MENJARING IKAN  
KUCING DAN  
TIKUS  
POLO AIR dll.**



➤ **PENGENALAN AIR  
SECARA LANGSUNG  
(LATIHAN  
PERSIAPAN):**

**MEMASUKKAN MUKA  
DALAM AIR, SELURUH  
KEPALA, SIKAP  
JONGKOK,  
TIARAP DARI DASAR  
KOLAM, MELEPAS  
TANGAN, MENGAPUNG,  
MELUNCUR.**



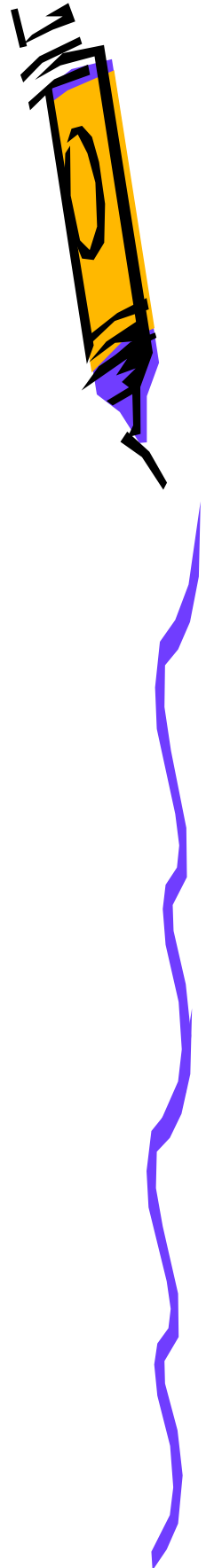
➤ **LATIHAN  
KHUSUS:**

**LATIHAN GERAK  
TUNGKAI**

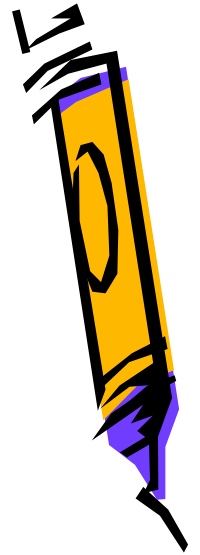
**LATIHAN GERAK  
LENGAN**

**LATIHAN  
PERNAFASAN**

**LATIHAN  
KOMBINASI**



# URUTAN PENGAJARAN GAYA-GAYA RENANG



- ★ GAYA BEBAS (THE CRAWL STROKE)
- ★ GAYA PUNGGUNG (THE BACK STROKE)
- ★ GAYA KUPU-KUPU (THE BUTTERFLY)
- ★ GAYA DADA (THE BREAST STROKE)

