

Barbarian Swimmers

Octopus 1

Learning Outcomes	Assessment Standards
<i>Demonstrate the ability to:</i>	<i>Maintaining the following:</i>
1 Answer 2 water safety questions	
2 Enter the pool safely, steps, ramp, swivel	<ul style="list-style-type: none"> ▪ <i>Vertical Ladder Steps - Walking down backwards</i> ▪ <i>Angled Flight - Walking slowly forward</i> ▪ <i>Swivel Entry - Safe and controlled</i>
3 Move through the water confidently in different ways	<ul style="list-style-type: none"> ▪ <i>Move freely around lesson area with buoyancy aids or teacher support</i>
4 Use a woggle to swim front paddle and back paddle for 5 metres	<ul style="list-style-type: none"> ▪ <i>Alternating legs</i> ▪ <i>Arms scooping (prone)</i> ▪ <i>Arms sculling in figure of eight (supine)</i> ▪ <i>Chin in the water (prone) Ears in the water (supine)</i>
5 Push and glide on the front and back	<ul style="list-style-type: none"> ▪ <i>Arms and legs straight</i> ▪ <i>Chin resting on water or face in water (prone)</i> ▪ <i>Hair in water (supine)</i>
6 Use a woggle or floats, to attempt a simultaneous circle action with legs while on the back for 2 metres	<ul style="list-style-type: none"> ▪ <i>Simultaneous action</i> ▪ <i>Legs make circles</i>
7 Travel under a woggle bridge and through a shower created by a watering can	<ul style="list-style-type: none"> ▪ <i>Arms and legs propel body</i> ▪ <i>Move through water without distress</i>
8 Return to a standing position from a star float on the back	<ul style="list-style-type: none"> ▪ <i>Float position held briefly</i> ▪ <i>Arms and legs wide, hair in water</i> ▪ <i>Return to a vertical position</i>
9 Use a woggle or floats to perform a treading water action with legs	<ul style="list-style-type: none"> ▪ <i>Maintain an upright position</i>
10 Exit the pool safely and unassisted	<ul style="list-style-type: none"> ▪ <i>Walking forwards up the steps unassisted</i>

ALL the above skills are to be performed in shallow water and buoyancy aids may be used

The next badge is **Octopus 2**