

Barbarian Swimmers

Octopus 2

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 with a step or jump	<ul style="list-style-type: none"> ▪ Safe entry ▪ With assistance as necessary
3 Swim 2 metres front paddle and 2 metres back paddle unaided	<ul style="list-style-type: none"> ▪ Alternating Legs ▪ Alternating scooping arms (prone) or sculling (supine) ▪ No buoyancy aids or assistance
4 Use a woggle to kick across the pool while blowing bubbles	<ul style="list-style-type: none"> ▪ Alternating action ▪ Visible Bubbles
5 Demonstrate front crawl arms while standing	<ul style="list-style-type: none"> ▪ Alternating action ▪ Entry forward of the head ▪ Pull through to thigh ▪ Elbow exit, recover over the water
6 Demonstrate back crawl arms while standing	<ul style="list-style-type: none"> ▪ Alternating action ▪ Arm straight ▪ Thumb out, little finger in ▪ Pull down to side of leg
7 Push and glide on the front with face in the water	<ul style="list-style-type: none"> ▪ Arms and legs straight ▪ Horizontal body position ▪ No buoyancy aids or assistance
8 Push and glide on the back, arms by the side	<ul style="list-style-type: none"> ▪ Arms and legs straight ▪ Ears in water ▪ No buoyancy aids or assistance
9 Use a woggle, rotate from back float to front float and return to a back float	<ul style="list-style-type: none"> ▪ Horizontal body position ▪ Hair in water (supine) or face in water (prone) ▪ Arms and legs straight ▪ Tuck and roll forward ▪ Floating positions held briefly
10 Submerge under water and retrieve an object	<ul style="list-style-type: none"> ▪ Learner must fully submerge ▪ Depth of approx 1 metre
11 Hold a float(s) and swim 3 metres using a simultaneous leg action on the back	<ul style="list-style-type: none"> ▪ Simultaneous movement
<u>ALL</u> the above skills are to be performed in shallow water and <u>buoyancy aids may be used</u>	

The next badge is **1 Stroke**