

Barbarian Swimmers

1 Stroke

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

1	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>
2	Swim 25 metres breaststroke	<ul style="list-style-type: none">▪ <i>Recognisable stroke</i>▪ No buoyancy aids or assistance
3	Elementary breaststroke turn	<ul style="list-style-type: none">▪ <i>Touch the poolside with both hands at the start of the turn</i>
4	Breaststroke finish	<ul style="list-style-type: none">▪ <i>Touch the poolside with both hands at the finish</i>
5	Exit the pool safely and unassisted	<ul style="list-style-type: none">▪ <i>Safe method of exit</i>

Buoyancy aids maybe used unless otherwise stated

The next badge is **Octopus 3**