

Barbarian Swimmers

Octopus 3

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

1	Answer 2 water safety questions	
2	Enter the water with a step or jump entry, turn and swim back to the poolside	<ul style="list-style-type: none"> ▪ Safe entry without assistance ▪ Once in pool, rotate through 180 ° ▪ Any stroke or paddle
3	Push and glide into either front crawl or breaststroke for 5 metres	<ul style="list-style-type: none"> ▪ Arms and legs straight and together during glide ▪ Face in water during glide ▪ Over water arm recovery for front crawl ▪ Simultaneous circular movement of arms and legs for breaststroke
4	Push and glide into back crawl and swim for 5 metres	<ul style="list-style-type: none"> ▪ Arms and legs straight and together ▪ Arms by side or over the head ▪ Alternating action of arms and legs ▪ Arm recovery over the water
5	Perform a star float on the front or back and hold for 3 seconds	<ul style="list-style-type: none"> ▪ Horizontal position ▪ Arms and legs straight and wide ▪ Face in the water (prone) Ears in the water (supine)
6	Perform dolphin leg kick on the front or back for 2 metres	<ul style="list-style-type: none"> ▪ Simultaneous kick with legs together ▪ Arms may be by sides or held over the head
7	Scull head first using a woggle	<ul style="list-style-type: none"> ▪ Legs still ▪ Streamlined body
8	Attempt breaststroke	<ul style="list-style-type: none"> ▪ Arms and legs move in a circular simultaneous pattern
9	Tread water for 10 seconds	<ul style="list-style-type: none"> ▪ Upright position ▪ Mouth clear of water
10	Swim forwards for 2 metres, then roll onto back, swim on the back for 2 metres and roll into a standing position	<ul style="list-style-type: none"> ▪ Rotation may be horizontal or vertical ▪ Any strokes or paddle ▪ Learners must finish in a vertical position

ALL the above skills are to be performed in shallow water and buoyancy aids MAY NOT be used unless otherwise stated

The next badge is **Kingfisher 1** and **2 Stroke**