

# Barbarian Swimmers

## Kingfisher 1

### Learning Outcomes

### Assessment Standards

#### Demonstrate the ability to:

#### Maintaining the following:

1	Submerge in chest deep water and recover an object from the bottom of the pool using both hands	<ul style="list-style-type: none"> <li>▪ Suitable objects - diving rings, dive sticks or diving toys</li> <li>▪ The object must be recovered with both hands</li> </ul>
2	Push and glide on the surface and hold the streamlined position for 5 seconds	<ul style="list-style-type: none"> <li>▪ Head between extended arms, hands together</li> <li>▪ Legs together and still</li> </ul>
3	Push and glide to the bottom of the pool, glide up holding a streamlined position	<ul style="list-style-type: none"> <li>▪ Head between extended arms, hands clasped together</li> <li>▪ Legs together and still</li> <li>▪ Action ends when hands reach the surface of the water</li> </ul>
4	Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up	<ul style="list-style-type: none"> <li>▪ Head between extended arms, hands together</li> <li>▪ Legs together and still</li> <li>▪ Both hands and feet must touch the floor before springing up</li> </ul>
5	Push away from the side of the pool into a handstand	<ul style="list-style-type: none"> <li>▪ Both hands on the floor of the pool</li> <li>▪ Legs straight and together in the air</li> </ul>
6	Push and glide on the surface, pike at the hips into a handstand and remain in a stable position for 3 seconds	<ul style="list-style-type: none"> <li>▪ Pike at hips - trunk and legs at right angles, both hands on the floor, legs straight and together and vertical in the air</li> </ul>

**ALL the above skills are to be performed in chest deep water unless stated otherwise**

The next badge is **2 Stroke**