

Barbarian Swimmers

2 Stroke

| Learning Outcomes | Assessment Standards |
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| <i>Demonstrate the ability to:</i> | <i>Maintaining the following:</i> |
| 1 Perform a safe entry | <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 Front Crawl | <ul style="list-style-type: none"> ▪ <i>Recognisable Stroke</i> ▪ <i>High Elbows</i> ▪ <i>Evidence of breathing to the side</i> ▪ <i>No buoyancy aids or assistance</i> |
| 3 Elementary Front Crawl Turn | <ul style="list-style-type: none"> ▪ <i>Touch the poolside with one hand</i> |
| 4 Front Crawl Finish | <ul style="list-style-type: none"> ▪ <i>Touch the poolside with one hand at the finish</i> |
| 5 Swim 25 metres Breaststroke | <ul style="list-style-type: none"> ▪ <i>Improvement shown from 1 stroke</i> ▪ <i>Pull / Breathe / Kick / Glide</i> ▪ <i>No buoyancy aids or assistance</i> |
| 6 Breaststroke Turn | <ul style="list-style-type: none"> ▪ <i>Touch the poolside with both hands at the start of the turn - Improved!</i> |
| 7 Two handed Breaststroke Finish | <ul style="list-style-type: none"> ▪ <i>Touch the poolside with both hands at the finish</i> |
| 8 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 **Goldfish 1**