

Barbarian Swimmers

Goldfish 1

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

1	Answer 2 water safety questions	
2	Enter the water, tread water for 5 seconds, swim to the poolside	<ul style="list-style-type: none"> ▪ Safe entry ▪ Head above water for 5 seconds ▪ Any strokes or paddle
3	Push and glide, hold the streamline position for 5 seconds	<ul style="list-style-type: none"> ▪ Arms and legs straight and together ▪ Face in water (prone) or ears in water (supine)
4	Push and glide to the bottom of the pool to retrieve and object	<ul style="list-style-type: none"> ▪ Arms and legs straight and together ▪ Retrieve from approx. depth of 1 metre
5	Swim 5 metres on the front, roll over and swim 5 metres on the back	<ul style="list-style-type: none"> ▪ Any stroke or paddle ▪ Smooth rotation from front to back
6	Perform dolphin leg kick on the front or back for 5 metres	<ul style="list-style-type: none"> ▪ Legs together, simultaneous up and down action ▪ Arms may be by sides or held over the head
7	Scull head first for 2 metres	<ul style="list-style-type: none"> ▪ Streamlined body position with hips just below the surface ▪ Legs straight and together ▪ Ears in water
8	Scull feet first, using a woggle for support	<ul style="list-style-type: none"> ▪ Streamlined body position with hips below the surface ▪ Legs together and still ▪ Ears in water
9	Show rhythmical breathing in front crawl for 10 metres, using a woggle or float	<ul style="list-style-type: none"> ▪ Regular breathing rhythm ▪ Head turns to the side to inhale ▪ Exhalation takes place in the water, eyes forward
10	Swim a recognisable breaststroke for 5 metres	<ul style="list-style-type: none"> ▪ Simultaneous, circular arm and leg action

Buoyancy aids MAY NOT be used unless otherwise stated

The next badge is **Kingfisher 2** and **3 Stroke**