

Barbarian Swimmers

Kingfisher 2

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

1	Crouch, spring up, then submerge to recover an object from the bottom of the pool	<ul style="list-style-type: none"> ▪ Suitable objects - diving rings, dive sticks or diving toys ▪ Head squeezed between arms ▪ The object must be recovered with both hands
2	Crouch, spring upwards into a glide on the surface in the prone position	<ul style="list-style-type: none"> ▪ Head between extended arms, hands clasped together ▪ Hold glide on the front
3	Crouch, spring upwards, then submerge to the bottom of the pool and glide up	<ul style="list-style-type: none"> ▪ Head between extended arms, hands clasped together ▪ Maintain streamlined position until hands break the surface
4	Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up	<ul style="list-style-type: none"> ▪ Head between extended arms, hands clasped together ▪ Hands and feet must touch the floor before the spring up
5	Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds	<ul style="list-style-type: none"> ▪ Head between extended arms, hands clasped together ▪ Both hands on the floor, legs together straight and vertical in the air
6	Crouch, spring upwards and backwards into a back glide on the surface	<ul style="list-style-type: none"> ▪ Head between extended arms, hands clasped together ▪ Controlled action maintaining streamlined position
7	Perform a backstroke start from the side of the pool	<ul style="list-style-type: none"> ▪ Arms extended over head ▪ Arch back ▪ Streamlined body position

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

The next badge is **3 Stroke**