

Barbarian Swimmers

3 Stroke

Learning Outcomes	Assessment Standards
<i>Demonstrate the ability to:</i>	<i>Maintaining the following:</i>
1 Perform a safe entry	<ul style="list-style-type: none"> ▪ Vertical Ladder Steps - Walking down backwards ▪ Angled Flight - Walking slowly forward ▪ Swivel Entry - Safe and controlled
2 Swim 25 metres Back Crawl	<ul style="list-style-type: none"> ▪ Recognisable Stroke ▪ Straight arm recovery over the water ▪ No buoyancy aids or assistance
3 Elementary Back Crawl Turn and Finish	<ul style="list-style-type: none"> ▪ Touch the poolside with one hand and swimmer must still be on the back
4 Swim 25 metres Front Crawl	<ul style="list-style-type: none"> ▪ Recognisable Stroke - Improvement from 2 Stroke! ▪ High Elbows --> Stretch ▪ Efficient breathing to the side ▪ No buoyancy aids or assistance
5 Elementary Front Crawl Turn, including introduction to a tumble turn and Finish	<ul style="list-style-type: none"> ▪ Touch the poolside with one hand - efficient! ▪ Introduction to tumble turns
6 Swim 50 metres Breaststroke	<ul style="list-style-type: none"> ▪ Improvement shown from 2 Stroke ▪ Pull / Breathe / Kick / Glide ▪ No buoyancy aids or assistance
7 Competitive Breaststroke Turn and Finish	<ul style="list-style-type: none"> ▪ Touch the poolside with both hands at the start of the turn - Improved!
8 Exit the pool safely and unassisted	<ul style="list-style-type: none"> ▪ Safe method of exit

Buoyancy aids maybe used unless otherwise stated

The next badge is **Goldfish 2**