

# Barbarian Swimmers

## Goldfish 2

Learning Outcomes	Assessment Standards
<b>Demonstrate the ability to:</b>	<b>Maintaining the following:</b>
1 Answer 2 water safety questions	
2 Perform a back float, tuck to a front float and return to a standing position	<ul style="list-style-type: none"> <li>▪ Star or pencil float</li> <li>▪ Horizontal body position</li> <li>▪ Ears in the water (supine) or face in the water (prone)</li> <li>▪ Return to a vertical position</li> </ul>
3 Scull head first for 5 metres and feet first for 3 metres	<ul style="list-style-type: none"> <li>▪ Legs together, straight and still</li> <li>▪ Streamlined body position</li> </ul>
4 Push and glide on the back, tuck, rotate to the front and return to the starting point	<ul style="list-style-type: none"> <li>▪ Arms and legs straight and together</li> <li>▪ Streamlined body position</li> <li>▪ Smooth, controlled rotation</li> <li>▪ Any recognised stroke</li> </ul>
5 Swim 10 metres of a recognised front stroke, either front crawl or breaststroke	<p><b>Front Crawl:</b></p> <ul style="list-style-type: none"> <li>▪ Arms recover over the water, elbows high</li> <li>▪ Continuous, alternating leg action</li> </ul> <p><b>Breaststroke:</b></p> <ul style="list-style-type: none"> <li>▪ Simultaneous arm action</li> <li>▪ Simultaneous leg action</li> <li>▪ Learner attempts dorsi-flexion of feet</li> </ul>
6 Swim 10 metres of back crawl	<ul style="list-style-type: none"> <li>▪ Streamlined body position, ears in the water hips just below surface</li> <li>▪ Alternating and continuous arm and leg action</li> <li>▪ Straight arms and legs</li> <li>▪ Arms recover over the water</li> </ul>
7 Swim 5 metres of a recognised front stroke	<ul style="list-style-type: none"> <li>▪ As above</li> </ul>
8 Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up	<ul style="list-style-type: none"> <li>▪ Streamlined body position</li> <li>▪ Arms together, legs together</li> <li>▪ Toes pointed</li> <li>▪ Hands breaking the water first</li> </ul>
9 Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position	<ul style="list-style-type: none"> <li>▪ Knees and head tucked in</li> <li>▪ Face in the water</li> <li>▪ Horizontal body position</li> <li>▪ Finish in a vertical position</li> </ul>
10 Enter the water, swim 5 metres on the front, swim to poolside and exit safely	<ul style="list-style-type: none"> <li>▪ Safe straddle or pencil entry</li> <li>▪ Any recognised prone stroke</li> </ul>

**ALL the above skills are to be performed in shallow water and buoyancy aids may be used**

The next badge is **Goldfish 3**