

Barbarian Swimmers

Goldfish 3

Learning Outcomes		Assessment Standards
<i>Demonstrate the ability to:</i>		<i>Maintaining the following:</i>
1	Answer 2 water safety questions	
2	Perform 2 different types of entries and tread water for 15 seconds - <i>Performed in shoulder deep water</i>	<ul style="list-style-type: none"> ▪ Safe entry - straddle, compact, pencil or star ▪ Head above water
3	Swim 15 metres of back crawl	<ul style="list-style-type: none"> ▪ Streamlined body position ▪ Ears in the water ▪ Hips just beneath the surface ▪ Alternating and continuous movement of the arms and legs ▪ Arms recover straight over the water ▪ Straight legs
4	Swim 15 metres of a recognised front stroke, either front crawl or breaststroke	Front Crawl: <ul style="list-style-type: none"> ▪ Streamlined body position ▪ Arm recovers over the water ▪ Thumb / finger enters first ▪ Face in the water attempting side breathing Breaststroke: <ul style="list-style-type: none"> ▪ Simultaneous arm action ▪ Simultaneous leg action ▪ Dorsi-flexed ankles ▪ Circular leg action ▪ Head must break the surface every stroke
5	Swim 10 metres holding a float under each arm and using lifesaving backstroke leg kick	<ul style="list-style-type: none"> ▪ In a seated position ▪ Simultaneous circular action of the legs ▪ Dorsi-flexed ankles
6	Swim 5 metres dolphin leg kick on the front	<ul style="list-style-type: none"> ▪ Legs together moving simultaneously ▪ Arms by sides or held over the head
7	Swim 5 metres dolphin leg kick on the back	<ul style="list-style-type: none"> ▪ Legs together moving simultaneously ▪ Arms by sides or held over the head
8	Perform a handstand with both hands on the pool floor	<ul style="list-style-type: none"> ▪ Hands on pool floor ▪ Legs up straight and together ▪ Maintain stable position momentarily
9	Perform a float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds	<ul style="list-style-type: none"> ▪ Maintain a horizontal star or pencil floating position ▪ Smooth and controlled rotation
10	Submerge, push and glide on the side, roll to a face down position	<ul style="list-style-type: none"> ▪ Streamlined body position ▪ Arms and legs straight and together ▪ Controlled rotation

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

The next badge is **Kingfisher 3** and **4 Stroke**